



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Strykowski, Jaroslaw

Club: Team ASA □ Biegiem po Zdrowie.
Number: 277

Course: 161.90 km
100MeilenBerlin

Category:
Senioren M45 (45-49 Jahre)

Total time: 17:25:55

Speed: 9.24 km/h
Running performance: 6:28 min/km

Rank in course/Total: 8 (of 319)

Rank in course/Men: 7 (of 257)

Best time in course: 15:20:48

Rank in category: 3(of 59)

Best time in the category: 17:12:46

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Brandenbu	7.30	34:58	4:47	2	0:07	3	1:41	7.30	34:58	4:47	2	0:07	3	1:41
VP2 - East Side C	6.46	30:06	4:39	1	-	1	-	13.76	1:05:04	4:43	1	-	2	1:26
VP3 - Dammweg	5.90	27:37	4:40	2	0:02	2	0:02	19.66	1:32:41	4:42	1	-	1	-
VP4 - Johannisth	5.64	26:35	4:42	1	-	1	-	25.30	1:59:16	4:42	1	-	1	-
VP5 - U-Bahnhof	5.90	29:16	4:57	3	0:22	3	0:22	31.20	2:28:32	4:45	1	-	1	-
VP6 - Buckow	4.92	24:38	5:00	1	-	1	-	36.12	2:53:10	4:47	1	-	1	-
VP7 - Kirchhainer	6.17	31:04	5:02	1	-	1	-	42.29	3:24:14	4:49	1	-	1	-
VP8 - Lichtenradi	4.37	22:05	5:03	1	-	1	-	46.66	3:46:19	4:51	1	-	1	-
VP9 - Osdorfer St	5.71	29:32	5:10	1	-	1	-	52.37	4:15:51	4:53	1	-	1	-
VP10 - Sportplatz	6.50	34:50	5:21	1	-	1	-	58.87	4:50:41	4:56	1	-	1	-
VP11 - Königsw	6.22	41:32	6:40	5	6:27	19	7:22	65.09	5:32:13	5:06	1	-	1	-
VP12 - Gedenkst	6.85	42:32	6:12	3	1:59	9	4:09	71.94	6:14:45	5:12	1	-	1	-
VP13 - Brauhaus	6.88	45:56	6:40	7	3:27	15	7:16	78.82	7:00:41	5:20	3	2:16	3	2:16
VP14 - Revierförs	5.70	43:29	7:37	11	9:09	29	11:25	84.52	7:44:10	5:29	3	11:25	5	11:25
VP15 - Schloss S	6.24	53:26	8:33	10	14:12	31	16:55	90.76	8:37:36	5:42	3	25:37	5	25:37
VP16 - Pagel & Fi	7.60	59:14	7:47	8	11:01	27	15:31	98.36	9:36:50	5:51	3	36:38	7	36:38
VP17 - Karolinenl	4.91	33:01	6:43	4	1:20	9	4:34	103.27	10:09:51	5:54	3	36:42	7	38:16
VP18 - Falkensee	6.60	51:40	7:49	11	9:09	35	13:18	109.87	11:01:31	6:01	3	41:33	7	50:36
VP19 - Schönwal	5.95	41:01	6:53	3	2:50	6	5:45	115.82	11:42:32	6:03	3	40:35	7	56:21
VP20 - Grenzturn	7.60	54:20	7:08	4	7:19	10	11:09	123.42	12:36:52	6:07	3	39:00	7	1:07:30
VP21 - Ruderclub	4.78	39:00	8:09	9	6:30	20	11:45	128.20	13:15:52	6:12	3	39:37	7	1:19:15
VP22 - Frohnau	4.07	31:16	7:40	6	4:07	15	6:47	132.27	13:47:08	6:15	3	42:32	7	1:25:56
VP23 - Naturschu	6.61	51:44	7:49	11	4:59	20	12:05	138.88	14:38:52	6:19	3	45:37	7	1:36:34
VP24 - Oranienbu	4.98	35:48	7:11	2	3:27	6	6:02	143.86	15:14:40	6:21	3	40:56	7	1:41:41
VP25 - Laufftreff l	5.34	39:08	7:19	3	9:11	10	9:11	149.20	15:53:48	6:23	3	29:29	7	1:47:59
VP26 - Wilhelmsr	5.72	41:03	7:10	9	7:31	23	8:55	154.92	16:34:51	6:25	3	18:57	7	1:56:24
VP27 - Wollankst	3.02	25:32	8:27	12	7:10	32	15:57	157.94	17:00:23	6:27	3	13:08	8	9:29:14
Friedrich-Ludwig	3.96	25:32	6:26	8	5:07	22	5:07	161.90	17:25:55	6:27	3	13:09	7	2:05:07