



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Künstner, Jörn**

Club: LG Mauerweg Berlin e.V.

Number: 126

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 18:24:32

Speed: 8.75 km/h

Running performance: 6:49 min/km

Rank in course/Total: 12 (of 319)

Rank in course/Men: 11 (of 257)

Best time in course: 15:20:48

Rank in category: 6(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	44:08	6:02	14	9:17	48	10:51	7.30	44:08	6:02	14	9:17	48	10:51
VP2 - East Side C	6.46	36:39	5:40	6	6:33	22	6:33	13.76	1:20:47	5:52	11	15:43	41	17:09
VP3 - Dammweg	5.90	35:09	5:57	11	7:34	47	7:34	19.66	1:55:56	5:53	12	23:15	46	23:15
VP4 - Johannisth	5.64	33:03	5:51	8	6:28	36	6:28	25.30	2:28:59	5:53	10	29:43	43	29:43
VP5 - U-Bahnhof	5.90	36:16	6:08	10	7:22	41	7:22	31.20	3:05:15	5:56	10	36:43	42	36:43
VP6 - Buckow	4.92	30:55	6:17	12	6:17	43	6:17	36.12	3:36:10	5:59	9	43:00	42	43:00
VP7 - Kirchhainer	6.17	38:19	6:12	9	7:15	30	7:15	42.29	4:14:29	6:01	9	50:15	40	50:15
VP8 - Lichtenradi	4.37	26:13	5:59	6	4:08	24	4:08	46.66	4:40:42	6:00	6	54:23	31	54:23
VP9 - Osdorfer St	5.71	33:47	5:54	8	4:15	26	4:15	52.37	5:14:29	6:00	7	58:38	32	58:38
VP10 - Sportplatz	6.50	41:51	6:26	5	7:01	17	7:01	58.87	5:56:20	6:03	5	1:05:39	24	1:05:39
VP11 - Königsw	6.22	1:00:36	9:44	41	25:31	173	26:26	65.09	6:56:56	6:24	10	1:24:43	37	1:24:43
VP12 - Gedenkst	6.85	45:44	6:40	6	5:11	18	7:21	71.94	7:42:40	6:25	7	1:27:55	28	1:27:55
VP13 - Brauhaus	6.88	45:07	6:33	3	2:38	11	6:27	78.82	8:27:47	6:26	7	1:29:22	27	1:29:22
VP14 - Revierförs	5.70	38:18	6:43	2	3:58	6	6:14	84.52	9:06:05	6:27	7	1:33:20	24	1:33:20
VP15 - Schloss S	6.24	44:52	7:11	4	5:38	12	8:21	90.76	9:50:57	6:30	7	1:38:58	21	1:38:58
VP16 - Pagel & Fi	7.60	1:00:54	8:00	11	12:41	34	17:11	98.36	10:51:51	6:37	7	1:51:39	22	1:51:39
VP17 - Karolinenl	4.91	32:59	6:43	3	1:18	8	4:32	103.27	11:24:50	6:37	7	1:51:41	21	1:53:15
VP18 - Falkensee	6.60	46:19	7:01	4	3:48	13	7:57	109.87	12:11:09	6:39	7	1:51:11	20	2:00:14
VP19 - Schönwal	5.95	45:21	7:37	7	7:10	18	10:05	115.82	12:56:30	6:42	7	1:54:33	19	2:10:19
VP20 - Grenzturn	7.60	57:20	7:32	6	10:19	15	14:09	123.42	13:53:50	6:45	6	1:55:58	19	2:24:28
VP21 - Ruderclub	4.78	36:08	7:33	6	3:38	12	8:53	128.20	14:29:58	6:47	6	1:53:43	18	2:33:21
VP22 - Frohnau	4.07	27:11	6:40	2	0:02	5	2:42	132.27	14:57:09	6:46	6	1:52:33	16	2:35:57
VP23 - Naturschu	6.61	46:51	7:05	2	0:06	7	7:12	138.88	15:44:00	6:47	6	1:50:45	14	2:41:42
VP24 - Oranienbu	4.98	35:57	7:13	3	3:36	7	6:11	143.86	16:19:57	6:48	6	1:46:13	14	2:46:58
VP25 - Laufftreff l	5.34	39:54	7:28	4	9:57	11	9:57	149.20	16:59:51	6:50	6	1:35:32	14	2:54:02
VP26 - Wilhelmsr	5.72	36:21	6:21	3	2:49	7	4:13	154.92	17:36:12	6:49	6	1:20:18	12	2:57:45
VP27 - Wollankst	3.02	22:40	7:30	5	4:18	13	13:05	157.94	17:58:52	6:49	6	1:11:37	12	10:27:43
Friedrich-Ludwig	3.96	25:40	6:28	9	5:15	24	5:15	161.90	18:24:32	6:49	6	1:11:46	11	3:03:44