



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Bock, Bernhard**

Club: LT Gmünd

Number: 50

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 19:21:45

Speed: 8.32 km/h

Running performance: 7:11 min/km

Rank in course/Total: 22 (of 319)

Rank in course/Men: 18 (of 257)

Best time in course: 15:20:48

Rank in category: 3(of 50)

Best time in the category: 15:44:00

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	44:16	6:03	10	7:15	52	10:59	7.30	44:16	6:03	10	7:15	52	10:59
VP2 - East Side G	6.46	38:03	5:53	6	5:43	42	7:57	13.76	1:22:19	5:58	10	12:58	51	18:41
VP3 - Dammweg	5.90	34:28	5:50	9	4:25	41	6:53	19.66	1:56:47	5:56	10	17:23	49	24:06
VP4 - Johannisth	5.64	35:23	6:16	13	6:38	60	8:48	25.30	2:32:10	6:00	10	24:01	49	32:54
VP5 - U-Bahnhof	5.90	41:28	7:01	18	10:27	98	12:34	31.20	3:13:38	6:12	10	34:28	56	45:06
VP6 - Buckow	4.92	31:05	6:19	9	4:30	44	6:27	36.12	3:44:43	6:13	10	38:54	54	51:33
VP7 - Kirchhainer	6.17	42:41	6:55	11	8:01	65	11:37	42.29	4:27:24	6:19	10	46:50	54	1:03:10
VP8 - Lichtenradi	4.37	28:41	6:33	10	4:28	56	6:36	46.66	4:56:05	6:20	11	50:20	56	1:09:46
VP9 - Osdorfer St	5.71	33:26	5:51	5	2:49	22	3:54	52.37	5:29:31	6:17	10	45:57	53	1:13:40
VP10 - Sportplatz	6.50	52:10	8:01	13	15:37	69	17:20	58.87	6:21:41	6:29	10	50:10	53	1:31:00
VP11 - Königsw	6.22	40:56	6:34	4	2:25	17	6:46	65.09	7:02:37	6:29	8	52:27	42	1:30:24
VP12 - Gedenkst	6.85	46:16	6:45	5	7:53	20	7:53	71.94	7:48:53	6:31	7	1:00:20	36	1:34:08
VP13 - Brauhaus	6.88	47:20	6:52	5	8:40	19	8:40	78.82	8:36:13	6:32	8	1:09:00	30	1:37:48
VP14 - Revierförs	5.70	43:18	7:35	5	11:14	28	11:14	84.52	9:19:31	6:37	7	1:20:14	28	1:46:46
VP15 - Schloss S	6.24	48:40	7:47	3	10:08	19	12:09	90.76	10:08:11	6:42	5	1:30:22	25	1:56:12
VP16 - Pagel & Fi	7.60	58:36	7:42	6	14:53	20	14:53	98.36	11:06:47	6:46	5	1:45:15	25	2:06:35
VP17 - Karolinenl	4.91	38:36	7:51	7	10:09	36	10:09	103.27	11:45:23	6:49	6	1:55:24	26	2:13:48
VP18 - Falkensee	6.60	53:51	8:09	8	15:29	46	15:29	109.87	12:39:14	6:54	7	2:10:53	27	2:28:19
VP19 - Schönwal	5.95	45:16	7:36	3	9:38	17	10:00	115.82	13:24:30	6:56	7	2:20:31	27	2:38:19
VP20 - Grenzturn	7.60	51:56	6:49	2	6:41	6	8:45	123.42	14:16:26	6:56	6	2:27:12	26	2:47:04
VP21 - Ruderclub	4.78	39:24	8:14	4	8:58	22	12:09	128.20	14:55:50	6:59	4	2:36:10	21	2:59:13
VP22 - Frohnau	4.07	31:21	7:42	4	6:52	17	6:52	132.27	15:27:11	7:00	4	2:43:02	22	3:05:59
VP23 - Naturschu	6.61	59:45	9:02	7	20:06	44	20:06	138.88	16:26:56	7:06	5	3:03:08	22	3:24:38
VP24 - Oranienbu	4.98	40:21	8:06	5	8:34	18	10:35	143.86	17:07:17	7:08	5	3:11:42	21	3:34:18
VP25 - Laufftreff l	5.34	43:43	8:11	5	11:51	25	13:46	149.20	17:51:00	7:10	4	3:23:33	20	3:45:11
VP26 - Wilhelmsr	5.72	39:45	6:56	5	4:19	16	7:37	154.92	18:30:45	7:10	3	3:27:52	18	3:52:18
VP27 - Wollankst	3.02	24:14	8:01	4	5:01	23	14:39	157.94	18:54:59	7:11	3	3:32:53	19	11:23:50
Friedrich-Ludwig	3.96	26:46	6:45	7	4:52	31	6:21	161.90	19:21:45	7:10	3	3:37:45	18	4:00:57