



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

SEEBODE, Jan

Club: RIOT ROAD RUNNERS Schaumburg
Number: 168

Course: 161.70 km
100MeilenBerlin

Category:
Senioren M45 (45-49 Jahre)

Total time: 23:25:09

Speed: 6.87 km/h
Running performance: 8:41 min/km

Rank in course/Total: 221 (of 459)

Rank in course/Men: 131 (of 302)

Best time in course: 13:39:56

Rank in category: 44(of 85)

Best time in the category: 15:47:54

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 - Wilhelmsru	6.94	42:25	6:06	30	9:01	93	11:24	6.94	42:25	6:06	30	9:01	93	11:24
VP2 - Laufftreff Li	5.69	35:36	6:15	28	8:21	90	11:31	12.63	1:18:01	6:10	28	17:22	90	22:55
VP3 - Oranienbur	5.74	34:43	6:02	38	8:54	107	10:37	18.37	1:52:44	6:08	29	26:16	90	33:32
VP4 - Naturschut	4.70	31:20	6:39	27	6:13	83	8:54	23.07	2:24:04	6:14	28	32:29	90	42:26
VP5 - Frohnau	6.80	42:47	6:17	35	9:33	101	13:52	29.87	3:06:51	6:15	28	41:03	88	56:18
VP6 - Ruderclub	4.06	28:40	7:03	29	7:11	93	10:33	33.93	3:35:31	6:21	28	48:14	87	1:06:48
VP7 - Grenzturm	4.75	33:13	6:59	48	9:09	138	11:30	38.68	4:08:44	6:25	30	57:23	90	1:18:18
VP8 - Schönwald	7.52	51:04	6:47	46	11:37	130	15:14	46.20	4:59:48	6:29	32	1:08:08	92	1:33:08
VP9 - Falkenseer	5.76	44:16	7:41	42	11:52	121	15:56	51.96	5:44:04	6:37	33	1:19:55	97	1:48:36
VP10 - Karolinenl	6.54	45:42	6:59	26	10:38	75	13:30	58.50	6:29:46	6:39	32	1:29:36	96	2:02:06
VP11 - Pagel & Fi	4.90	34:20	7:00	25	6:26	73	11:17	63.40	7:04:06	6:41	29	1:36:02	88	2:13:23
VP12 - Schloss S	7.62	1:10:13	9:12	49	26:42	157	33:20	71.02	8:14:19	6:57	35	1:59:19	97	2:46:43
VP13 - Revierförs	6.21	47:32	7:39	39	11:47	109	18:42	77.23	9:01:51	7:00	35	2:08:51	97	3:05:25
VP14 - Brauhaus	6.00	48:04	8:00	46	15:03	133	19:31	83.23	9:49:55	7:05	36	2:22:50	99	3:24:56
VP15 - Gedenkst.	6.90	49:08	7:07	29	9:34	77	16:13	90.13	10:39:03	7:05	35	2:31:54	95	3:41:09
VP16 - Königswe	6.87	56:30	8:13	27	14:51	77	21:45	97.00	11:35:33	7:10	33	2:43:03	91	4:02:54
VP17 - Sportplatz	6.20	1:24:04	13:33	50	46:17	184	50:19	103.20	12:59:37	7:33	38	3:24:28	110	4:53:13
VP18 - Osdorfer	6.50	56:38	8:42	37	18:49	117	22:11	109.70	13:56:15	7:37	37	3:38:11	107	5:13:07
VP19 - Lichtenra	5.70	52:27	9:12	32	14:33	85	18:17	115.40	14:48:42	7:42	37	3:47:35	104	5:29:37
VP20 - Kirchhain	4.37	35:00	8:00	31	13:09	87	16:10	119.77	15:23:42	7:42	36	3:59:35	102	5:45:47
VP21 - Buckow	6.43	54:51	8:31	27	19:47	96	21:15	126.20	16:18:33	7:45	36	4:16:46	101	6:07:02
VP22 - Rudow	4.90	54:11	11:03	53	23:58	160	28:12	131.10	17:12:44	7:52	36	4:40:44	102	6:35:14
VP23 - Johannistl	5.90	1:29:51	15:13	60	54:49	210	58:16	137.00	18:42:35	8:11	41	5:35:33	124	7:33:30
VP24 - Dammwe	5.70	57:44	10:07	38	23:28	117	26:33	142.70	19:40:19	8:16	41	5:59:01	121	7:59:34
VP25 - East Side	5.80	1:19:09	13:38	51	38:38	182	42:12	148.50	20:59:28	8:28	44	6:37:39	131	8:39:15
VP26 - Checkpoir	5.28	45:02	8:31	43	19:59	143	23:29	153.78	21:44:30	8:28	44	6:57:38	131	9:00:14
VP27 - Gedenkst.	3.32	49:12	14:49	41	21:44	143	24:35	157.10	22:33:42	8:37	42	7:15:21	129	9:22:39
Friedrich-Ludwig	4.60	51:27	11:11	49	21:58	157	27:15	161.70	23:25:09	8:41	44	7:37:15	131	9:45:13