



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

### ZIPPLIES, Günter

Club: Soest  
Number: 173

Course: 161.70 km  
100MeilenBerlin

Category:  
Senioren M45 (45-49 Jahre)

Total time: 22:00:19

Speed: 7.32 km/h  
Running performance: 8:10 min/km

Rank in course/Total: 173 (of 459)

Rank in course/Men: 96 (of 302)

Best time in course: 13:39:56

Rank in category: 35(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	47:34	6:51	54	14:10	167	16:33	6.94	47:34	6:51	54	14:10	167	16:33
VP2 - Laufftreff Li	5.69	39:06	6:52	52	11:51	155	15:01	12.63	1:26:40	6:51	52	26:01	159	31:34
VP3 - Oranienbur	5.74	33:50	5:53	29	8:01	88	9:44	18.37	2:00:30	6:33	48	34:02	141	41:18
VP4 - Naturschut	4.70	36:19	7:43	61	11:12	174	13:53	23.07	2:36:49	6:47	51	45:14	145	55:11
VP5 - Frohnau	6.80	41:40	6:07	25	8:26	81	12:45	29.87	3:18:29	6:38	46	52:41	134	1:07:56
VP6 - Ruderclub	4.06	30:33	7:31	41	9:04	124	12:26	33.93	3:49:02	6:45	45	1:01:45	133	1:20:19
VP7 - Grenzturm	4.75	30:25	6:24	24	6:21	77	8:42	38.68	4:19:27	6:42	42	1:08:06	125	1:29:01
VP8 - Schönwald	7.52	49:34	6:35	33	10:07	95	13:44	46.20	5:09:01	6:41	39	1:17:21	117	1:42:21
VP9 - Falkenseer	5.76	43:52	7:36	39	11:28	114	15:32	51.96	5:52:53	6:47	40	1:28:44	117	1:57:25
VP10 - Karolinenl	6.54	51:26	7:51	47	16:22	146	19:14	58.50	6:44:19	6:54	41	1:44:09	120	2:16:39
VP11 - Pagel & Fi	4.90	34:10	6:58	24	6:16	70	11:07	63.40	7:18:29	6:54	40	1:50:25	114	2:27:46
VP12 - Schloss S	7.62	1:09:29	9:07	47	25:58	153	32:36	71.02	8:27:58	7:09	42	2:12:58	120	3:00:22
VP13 - Revierförs	6.21	46:18	7:27	32	10:33	87	17:28	77.23	9:14:16	7:10	40	2:21:16	118	3:17:50
VP14 - Brauhaus	6.00	44:32	7:25	34	11:31	95	15:59	83.23	9:58:48	7:11	40	2:31:43	112	3:33:49
VP15 - Gedenkst.	6.90	54:06	7:50	43	14:32	126	21:11	90.13	10:52:54	7:14	41	2:45:45	115	3:55:00
VP16 - Königswe	6.87	1:03:30	9:14	42	21:51	125	28:45	97.00	11:56:24	7:23	40	3:03:54	111	4:23:45
VP17 - Sportplatz	6.20	1:17:46	12:32	45	39:59	163	44:01	103.20	13:14:10	7:41	40	3:39:01	121	5:07:46
VP18 - Osdorfer	6.50	52:10	8:01	27	14:21	79	17:43	109.70	14:06:20	7:42	38	3:48:16	117	5:23:12
VP19 - Lichtenra	5.70	52:17	9:10	29	14:23	82	18:07	115.40	14:58:37	7:47	38	3:57:30	113	5:39:32
VP20 - Kirchhain	4.37	32:34	7:27	21	10:43	65	13:44	119.77	15:31:11	7:46	38	4:07:04	110	5:53:16
VP21 - Buckow	6.43	59:09	9:11	40	24:05	126	25:33	126.20	16:30:20	7:50	38	4:28:33	111	6:18:49
VP22 - Rudow	4.90	42:26	8:39	22	12:13	67	16:27	131.10	17:12:46	7:52	37	4:40:46	103	6:35:16
VP23 - Johannistl	5.90	52:24	8:52	23	17:22	67	20:49	137.00	18:05:10	7:55	36	4:58:08	99	6:56:05
VP24 - Dammwe	5.70	55:40	9:45	33	21:24	103	24:29	142.70	19:00:50	7:59	35	5:19:32	100	7:20:05
VP25 - East Side	5.80	58:51	10:08	23	18:20	66	21:54	148.50	19:59:41	8:04	35	5:37:52	98	7:39:28
VP26 - Checkpoir	5.28	39:29	7:28	23	14:26	80	17:56	153.78	20:39:10	8:03	35	5:52:18	97	7:54:54
VP27 - Gedenkst.	3.32	44:25	13:22	27	16:57	95	19:48	157.10	21:23:35	8:10	35	6:05:14	96	8:12:32
Friedrich-Ludwig	4.60	36:44	7:59	14	7:15	51	12:32	161.70	22:00:19	8:09	35	6:12:25	96	8:20:23