



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

MALCOWSKI, Peter

Club: run2gether.com

Number: 20

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 18:57:50

Speed: 8.49 km/h

Running performance: 7:02 min/km

Rank in course/Total: 90 (of 459)

Rank in course/Men: 33 (of 302)

Best time in course: 13:39:56

Rank in category: 6(of 58)

Best time in the category: 15:32:56

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	39:30	5:41	10	6:04	50	8:29	6.94	39:30	5:41	10	6:04	50	8:29
VP2 - Laufftreff Li	5.69	34:37	6:05	16	6:56	66	10:32	12.63	1:14:07	5:52	11	13:00	48	19:01
VP3 - Oranienbur	5.74	32:58	5:44	12	5:49	67	8:52	18.37	1:47:05	5:49	12	18:49	54	27:53
VP4 - Naturschut	4.70	29:46	6:19	10	4:24	50	7:20	23.07	2:16:51	5:55	11	23:13	50	35:13
VP5 - Frohnau	6.80	38:41	5:41	9	4:53	44	9:46	29.87	2:55:32	5:52	11	28:06	48	44:59
VP6 - Ruderclub	4.06	23:52	5:52	5	2:28	29	5:45	33.93	3:19:24	5:52	9	29:50	41	50:41
VP7 - Grenzturm	4.75	29:27	6:12	14	5:19	61	7:44	38.68	3:48:51	5:54	9	34:50	43	58:25
VP8 - Schönwald	7.52	45:36	6:03	8	6:25	51	9:46	46.20	4:34:27	5:56	9	37:25	42	1:07:47
VP9 - Falkenseer	5.76	34:53	6:03	5	3:30	31	6:33	51.96	5:09:20	5:57	8	40:43	43	1:13:52
VP10 - Karolinenl	6.54	42:38	6:31	10	7:57	45	10:26	58.50	5:51:58	6:00	8	46:18	42	1:24:18
VP11 - Pagel & Fi	4.90	31:24	6:24	7	4:28	38	8:21	63.40	6:23:22	6:02	8	48:48	42	1:32:39
VP12 - Schloss S	7.62	49:35	6:30	5	8:32	33	12:42	71.02	7:12:57	6:05	8	54:32	41	1:45:21
VP13 - Revierförs	6.21	41:41	6:42	5	6:25	37	12:51	77.23	7:54:38	6:08	8	1:00:39	39	1:58:12
VP14 - Brauhaus	6.00	39:55	6:39	7	7:35	50	11:22	83.23	8:34:33	6:10	7	1:03:39	38	2:09:34
VP15 - Gedenkst.	6.90	45:34	6:36	7	7:16	47	12:39	90.13	9:20:07	6:12	7	1:10:32	39	2:22:13
VP16 - Königswe	6.87	52:44	7:40	10	9:17	49	17:59	97.00	10:12:51	6:19	7	1:18:34	39	2:40:12
VP17 - Sportplatz	6.20	1:01:29	9:54	15	23:38	86	27:44	103.20	11:14:20	6:32	9	1:42:12	43	3:07:56
VP18 - Osdorfer	6.50	46:41	7:10	8	8:48	41	12:14	109.70	12:01:01	6:34	8	1:51:00	38	3:17:53
VP19 - Lichtenra	5.70	46:48	8:12	8	7:23	45	12:38	115.40	12:47:49	6:39	8	1:58:23	37	3:28:44
VP20 - Kirchhain	4.37	29:17	6:42	7	5:29	34	10:27	119.77	13:17:06	6:39	8	2:03:52	37	3:39:11
VP21 - Buckow	6.43	48:35	7:33	10	12:08	49	14:59	126.20	14:05:41	6:42	8	2:16:00	37	3:54:10
VP22 - Rudow	4.90	35:51	7:18	5	5:48	26	9:52	131.10	14:41:32	6:43	7	2:21:48	36	4:04:02
VP23 - Johannistl	5.90	45:35	7:43	6	10:13	34	14:00	137.00	15:27:07	6:46	7	2:32:01	35	4:18:02
VP24 - Dammwe	5.70	46:28	8:09	6	11:30	41	15:17	142.70	16:13:35	6:49	6	2:43:31	34	4:32:50
VP25 - East Side	5.80	54:56	9:28	6	15:18	43	17:59	148.50	17:08:31	6:55	6	2:58:49	33	4:48:18
VP26 - Checkpoir	5.28	38:40	7:19	15	13:48	68	17:07	153.78	17:47:11	6:56	6	3:12:37	33	5:02:55
VP27 - Gedenkst.	3.32	35:58	10:50	7	9:28	36	11:21	157.10	18:23:09	7:01	6	3:22:05	33	5:12:06
Friedrich-Ludwig	4.60	34:41	7:32	6	6:56	40	10:29	161.70	18:57:50	7:02	6	3:24:54	33	5:17:54