



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

STEINICKE, Thomas

Club: LG Mauerweg/SGW 05 Berlin

Number: 206

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 21:46:36

Speed: 7.43 km/h

Running performance: 8:05 min/km

Rank in course/Total: 164 (of 459)

Rank in course/Men: 87 (of 302)

Best time in course: 13:39:56

Rank in category: 6(of 46)

Best time in the category: 13:39:56

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	48:43	7:01	17	17:42	186	17:42	6.94	48:43	7:01	17	17:42	186	17:42
VP2 - Laufftreff Li	5.69	38:28	6:45	12	14:23	143	14:23	12.63	1:27:11	6:54	14	32:05	165	32:05
VP3 - Oranienbur	5.74	38:01	6:37	16	13:55	170	13:55	18.37	2:05:12	6:48	14	46:00	171	46:00
VP4 - Naturschut	4.70	36:07	7:41	20	13:41	170	13:41	23.07	2:41:19	6:59	15	59:41	169	59:41
VP5 - Frohnau	6.80	46:08	6:47	16	17:13	164	17:13	29.87	3:27:27	6:56	14	1:16:54	168	1:16:54
VP6 - Ruderclub	4.06	29:16	7:12	8	11:06	107	11:09	33.93	3:56:43	6:58	12	1:28:00	152	1:28:00
VP7 - Grenzturm	4.75	34:17	7:13	17	12:34	158	12:34	38.68	4:31:00	7:00	12	1:40:34	153	1:40:34
VP8 - Schönwald	7.52	51:16	6:49	9	15:02	134	15:26	46.20	5:22:16	6:58	11	1:55:36	146	1:55:36
VP9 - Falkenseer	5.76	43:28	7:32	7	14:40	111	15:08	51.96	6:05:44	7:02	12	2:10:16	145	2:10:16
VP10 - Karolinenl	6.54	56:17	8:36	23	24:05	188	24:05	58.50	7:02:01	7:12	13	2:34:21	149	2:34:21
VP11 - Pagel & Fi	4.90	41:52	8:32	20	18:49	171	18:49	63.40	7:43:53	7:19	13	2:53:10	149	2:53:10
VP12 - Schloss S	7.62	1:04:36	8:28	9	27:43	123	27:43	71.02	8:48:29	7:26	12	3:20:53	145	3:20:53
VP13 - Revierförs	6.21	49:54	8:02	9	21:04	129	21:04	77.23	9:38:23	7:29	12	3:41:57	143	3:41:57
VP14 - Brauhaus	6.00	48:12	8:01	11	19:39	135	19:39	83.23	10:26:35	7:31	11	4:01:36	139	4:01:36
VP15 - Gedenkst.	6.90	48:02	6:57	4	15:07	65	15:07	90.13	11:14:37	7:29	10	4:16:43	131	4:16:43
VP16 - Königswe	6.87	1:04:53	9:26	14	30:08	139	30:08	97.00	12:19:30	7:37	11	4:46:51	128	4:46:51
VP17 - Sportplatz	6.20	46:50	7:33	2	13:05	26	13:05	103.20	13:06:20	7:37	9	4:59:56	116	4:59:56
VP18 - Osdorfer	6.50	1:03:10	9:43	17	26:26	154	28:43	109.70	14:09:30	7:44	9	5:26:22	118	5:26:22
VP19 - Lichtenra	5.70	50:23	8:50	5	14:26	71	16:13	115.40	14:59:53	7:47	8	5:40:48	114	5:40:48
VP20 - Kirchhain	4.37	32:17	7:23	4	13:27	63	13:27	119.77	15:32:10	7:46	7	5:54:15	111	5:54:15
VP21 - Buckow	6.43	47:32	7:23	2	13:56	42	13:56	126.20	16:19:42	7:45	6	6:08:11	103	6:08:11
VP22 - Rudow	4.90	1:00:33	12:21	21	34:34	181	34:34	131.10	17:20:15	7:56	8	6:42:45	110	6:42:45
VP23 - Johannistl	5.90	45:47	7:45	3	14:12	36	14:12	137.00	18:06:02	7:55	6	6:56:57	100	6:56:57
VP24 - Dammwe	5.70	53:10	9:19	9	21:30	84	21:59	142.70	18:59:12	7:58	7	7:18:27	99	7:18:27
VP25 - East Side	5.80	57:36	9:55	4	18:08	55	20:39	148.50	19:56:48	8:03	7	7:36:35	95	7:36:35
VP26 - Checkpoir	5.28	32:08	6:05	3	8:05	24	10:35	153.78	20:28:56	7:59	6	7:44:40	90	7:44:40
VP27 - Gedenkst.	3.32	38:03	11:27	3	11:16	51	13:26	157.10	21:06:59	8:03	5	7:55:56	86	7:55:56
Friedrich-Ludwig	4.60	39:37	8:36	6	10:44	74	15:25	161.70	21:46:36	8:04	6	8:06:40	87	8:06:40