



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

LAUTERBACH, Alexander

Club: LG Ultralauf

Number: 221

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 23:19:50

Speed: 6.93 km/h

Running performance: 8:39 min/km

Rank in course/Total: 218 (of 459)

Rank in course/Men: 128 (of 302)

Best time in course: 13:39:56

Rank in category: 13(of 31)

Best time in the category: 14:42:13

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	49:29	7:07	23	17:38	212	18:28	6.94	49:29	7:07	23	17:38	212	18:28
VP2 - Laufftreff Li	5.69	40:40	7:08	21	14:37	185	16:35	12.63	1:30:09	7:08	21	31:01	196	35:03
VP3 - Oranienbur	5.74	39:45	6:55	21	14:21	201	15:39	18.37	2:09:54	7:04	20	44:47	195	50:42
VP4 - Naturschut	4.70	36:26	7:45	18	13:07	175	14:00	23.07	2:46:20	7:12	19	57:54	192	1:04:42
VP5 - Frohnau	6.80	47:13	6:56	18	18:15	175	18:18	29.87	3:33:33	7:08	19	1:16:09	188	1:23:00
VP6 - Ruderclub	4.06	33:30	8:15	16	15:23	158	15:23	33.93	4:07:03	7:16	19	1:31:32	177	1:38:20
VP7 - Grenzturm	4.75	33:58	7:09	17	11:29	153	12:15	38.68	4:41:01	7:15	19	1:43:01	176	1:50:35
VP8 - Schönwald	7.52	51:47	6:53	16	15:57	138	15:57	46.20	5:32:48	7:12	19	1:58:58	168	2:06:08
VP9 - Falkenseer	5.76	46:51	8:08	17	18:31	152	18:31	51.96	6:19:39	7:18	18	2:17:29	167	2:24:11
VP10 - Karolinenl	6.54	53:37	8:11	18	20:53	164	21:25	58.50	7:13:16	7:24	18	2:38:19	162	2:45:36
VP11 - Pagel & Fi	4.90	41:47	8:31	20	16:43	169	18:44	63.40	7:55:03	7:29	18	2:54:31	166	3:04:20
VP12 - Schloss S	7.62	1:04:15	8:25	15	24:27	119	27:22	71.02	8:59:18	7:35	18	3:13:16	160	3:31:42
VP13 - Revierförs	6.21	54:53	8:50	21	22:24	185	26:03	77.23	9:54:11	7:41	19	3:35:40	164	3:57:45
VP14 - Brauhaus	6.00	49:06	8:11	14	19:27	147	20:33	83.23	10:43:17	7:43	19	3:53:24	164	4:18:18
VP15 - Gedenkst.	6.90	55:41	8:04	15	20:28	140	22:46	90.13	11:38:58	7:45	19	4:11:42	159	4:41:04
VP16 - Königswe	6.87	1:03:02	9:10	16	22:43	118	28:17	97.00	12:42:00	7:51	17	4:27:51	153	5:09:21
VP17 - Sportplatz	6.20	1:18:45	12:42	20	42:15	166	45:00	103.20	14:00:45	8:08	19	5:09:06	158	5:54:21
VP18 - Osdorfer	6.50	58:54	9:03	16	24:27	135	24:27	109.70	14:59:39	8:12	19	5:29:57	155	6:16:31
VP19 - Lichtenra	5.70	56:24	9:53	15	22:14	121	22:14	115.40	15:56:03	8:17	18	5:42:56	151	6:36:58
VP20 - Kirchhain	4.37	45:23	10:23	19	22:41	173	26:33	119.77	16:41:26	8:21	19	6:04:14	154	7:03:31
VP21 - Buckow	6.43	1:07:28	10:29	17	32:18	163	33:52	126.20	17:48:54	8:28	18	6:31:55	153	7:37:23
VP22 - Rudow	4.90	49:58	10:11	14	22:59	137	23:59	131.10	18:38:52	8:32	18	6:50:53	149	8:01:22
VP23 - Johannistl	5.90	57:43	9:46	11	25:38	111	26:08	137.00	19:36:35	8:35	18	7:16:31	148	8:27:30
VP24 - Dammwe	5.70	56:12	9:51	10	25:01	105	25:01	142.70	20:32:47	8:38	16	7:41:32	145	8:52:02
VP25 - East Side	5.80	58:39	10:06	8	19:48	65	21:42	148.50	21:31:26	8:41	16	8:01:20	141	9:11:13
VP26 - Checkpoir	5.28	32:57	6:14	8	10:48	34	11:24	153.78	22:04:23	8:36	16	8:12:08	141	9:20:07
VP27 - Gedenkst.	3.32	36:42	11:03	9	12:05	43	12:05	157.10	22:41:05	8:39	15	8:24:13	136	9:30:02
Friedrich-Ludwig	4.60	38:45	8:25	9	13:24	65	14:33	161.70	23:19:50	8:39	13	8:37:37	128	9:39:54