



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

**DONATH, Lars**

Club: ASFM Göttingen

Number: 224

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M30 (30-34 Jahre)

Total time: 19:53:10

Speed: 8.10 km/h

Running performance: 7:23 min/km

Rank in course/Total: 120 (of 459)

Rank in course/Men: 53 (of 302)

Best time in course: 13:39:56

Rank in category: 4(of 14)

Best time in the category: 16:49:04

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	41:49	6:01	5	4:49	64	10:48	6.94	41:49	6:01	5	4:49	64	10:48
VP2 - Laufftreff Li	5.69	34:53	6:07	5	4:37	71	10:48	12.63	1:16:42	6:04	5	9:22	66	21:36
VP3 - Oranienbur	5.74	33:38	5:51	8	5:40	83	9:32	18.37	1:50:20	6:00	5	15:02	74	31:08
VP4 - Naturschut	4.70	30:27	6:28	7	3:59	67	8:01	23.07	2:20:47	6:06	6	19:01	72	39:09
VP5 - Frohnau	6.80	42:21	6:13	7	6:55	89	13:26	29.87	3:03:08	6:07	7	25:56	74	52:35
VP6 - Ruderclub	4.06	28:28	7:00	9	5:36	91	10:21	33.93	3:31:36	6:14	7	31:32	73	1:02:53
VP7 - Grenzturm	4.75	31:40	6:40	7	5:20	100	9:57	38.68	4:03:16	6:17	7	36:52	76	1:12:50
VP8 - Schönwald	7.52	48:14	6:24	7	5:53	78	12:24	46.20	4:51:30	6:18	7	39:47	75	1:24:50
VP9 - Falkenseer	5.76	39:56	6:55	8	7:49	69	11:36	51.96	5:31:26	6:22	7	47:36	75	1:35:58
VP10 - Karolinenl	6.54	47:24	7:14	10	10:02	94	15:12	58.50	6:18:50	6:28	7	55:47	73	1:51:10
VP11 - Pagel & Fi	4.90	34:54	7:07	7	7:57	78	11:51	63.40	6:53:44	6:31	7	1:03:44	73	2:03:01
VP12 - Schloss S	7.62	56:50	7:27	5	11:47	75	19:57	71.02	7:50:34	6:37	7	1:15:31	72	2:22:58
VP13 - Revierförs	6.21	45:31	7:19	7	8:29	75	16:41	77.23	8:36:05	6:40	7	1:23:26	75	2:39:39
VP14 - Brauhaus	6.00	46:43	7:47	9	12:57	114	18:10	83.23	9:22:48	6:45	7	1:36:23	79	2:57:49
VP15 - Gedenkst.	6.90	1:05:17	9:27	13	26:44	208	32:22	90.13	10:28:05	6:58	7	2:03:07	85	3:30:11
VP16 - Königswe	6.87	54:52	7:59	6	10:39	64	20:07	97.00	11:22:57	7:02	8	2:13:46	84	3:50:18
VP17 - Sportplatz	6.20	-	-	13	-	239	-	103.20	11:22:57	6:37	5	1:37:05	47	3:16:33
VP18 - Osdorfer	6.50	1:50:43	17:02	13	1:08:47	227	1:16:16	109.70	13:13:40	7:14	8	2:40:42	81	4:30:32
VP19 - Lichtenra	5.70	48:06	8:26	5	6:10	55	13:56	115.40	14:01:46	7:17	8	2:46:02	80	4:42:41
VP20 - Kirchhain	4.37	36:42	8:23	5	9:12	103	17:52	119.77	14:38:28	7:20	8	2:54:54	80	5:00:33
VP21 - Buckow	6.43	54:29	8:28	7	14:13	94	20:53	126.20	15:32:57	7:23	8	3:07:08	80	5:21:26
VP22 - Rudow	4.90	41:33	8:28	4	9:53	56	15:34	131.10	16:14:30	7:25	8	3:17:01	80	5:37:00
VP23 - Johannistl	5.90	45:42	7:44	3	7:21	35	14:07	137.00	17:00:12	7:26	6	3:24:22	72	5:51:07
VP24 - Dammwe	5.70	39:30	6:55	1	-	14	8:19	142.70	17:39:42	7:25	6	3:22:34	69	5:58:57
VP25 - East Side	5.80	42:10	7:16	1	-	9	5:13	148.50	18:21:52	7:25	4	3:16:24	58	6:01:39
VP26 - Checkpoir	5.28	30:25	5:45	1	-	17	8:52	153.78	18:52:17	7:21	4	3:14:27	56	6:08:01
VP27 - Gedenkst.	3.32	31:46	9:34	1	-	21	7:09	157.10	19:24:03	7:24	4	3:09:26	56	6:13:00
Friedrich-Ludwig	4.60	29:07	6:19	1	-	10	4:55	161.70	19:53:10	7:22	4	3:04:06	53	6:13:14