



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

**KOPPENHEFFER, Matt**

Club: SCB-Berlin

Number: 287

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 15:25:14

Speed: 10.44 km/h

Running performance: 5:43 min/km

Rank in course/Total: 29 (of 459)

Rank in course/Men: 6 (of 302)

Best time in course: 13:39:56

Rank in category: 2(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	33:23	4:48	2	1:32	4	2:22	6.94	33:23	4:48	2	1:32	4	2:22
VP2 - Laufftreff Li	5.69	27:37	4:51	4	1:34	7	3:32	12.63	1:01:00	4:49	3	1:52	6	5:54
VP3 - Oranienbur	5.74	26:26	4:36	4	1:02	7	2:20	18.37	1:27:26	4:45	3	2:19	6	8:14
VP4 - Naturschut	4.70	25:41	5:27	4	2:22	13	3:15	23.07	1:53:07	4:54	3	4:41	7	11:29
VP5 - Frohnau	6.80	32:47	4:49	3	3:49	5	3:52	29.87	2:25:54	4:53	3	8:30	6	15:21
VP6 - Ruderclub	4.06	20:08	4:57	2	2:01	3	2:01	33.93	2:46:02	4:53	2	10:31	4	17:19
VP7 - Grenzturm	4.75	23:22	4:55	2	0:53	3	1:39	38.68	3:09:24	4:53	2	11:24	4	18:58
VP8 - Schönwald	7.52	38:28	5:06	3	2:38	4	2:38	46.20	3:47:52	4:55	2	14:02	4	21:12
VP9 - Falkenseer	5.76	32:43	5:40	4	4:23	16	4:23	51.96	4:20:35	5:00	2	18:25	3	25:07
VP10 - Karolinenl	6.54	40:32	6:11	5	7:48	30	8:20	58.50	5:01:07	5:08	3	26:10	6	33:27
VP11 - Pagel & Fi	4.90	26:22	5:22	3	1:18	5	3:19	63.40	5:27:29	5:09	3	26:57	5	36:46
VP12 - Schloss S	7.62	41:39	5:27	3	1:51	7	4:46	71.02	6:09:08	5:11	3	23:06	5	41:32
VP13 - Revierförs	6.21	34:22	5:32	3	1:53	7	5:32	77.23	6:43:30	5:13	3	24:59	6	47:04
VP14 - Brauhaus	6.00	31:07	5:11	2	1:28	4	2:34	83.23	7:14:37	5:13	3	24:44	5	49:38
VP15 - Gedenkst.	6.90	36:51	5:20	2	1:38	6	3:56	90.13	7:51:28	5:13	3	24:12	5	53:34
VP16 - Königswe	6.87	44:24	6:27	4	4:05	15	9:39	97.00	8:35:52	5:19	3	21:43	6	1:03:13
VP17 - Sportplatz	6.20	36:30	5:53	1	-	5	2:45	103.20	9:12:22	5:21	2	20:43	5	1:05:58
VP18 - Osdorfer	6.50	36:39	5:38	2	2:12	4	2:12	109.70	9:49:01	5:22	3	19:19	6	1:05:53
VP19 - Lichtenra	5.70	37:14	6:31	2	3:04	6	3:04	115.40	10:26:15	5:25	3	13:08	7	1:07:10
VP20 - Kirchhain	4.37	23:00	5:15	2	0:18	9	4:10	119.77	10:49:15	5:25	3	12:03	7	1:11:20
VP21 - Buckow	6.43	38:31	5:59	2	3:21	11	4:55	126.20	11:27:46	5:26	3	10:47	7	1:16:15
VP22 - Rudow	4.90	30:16	6:10	2	3:17	7	4:17	131.10	11:58:02	5:28	3	10:03	7	1:20:32
VP23 - Johannistl	5.90	36:48	6:14	2	4:43	10	5:13	137.00	12:34:50	5:30	2	14:46	6	1:25:45
VP24 - Dammwe	5.70	36:04	6:19	2	4:53	10	4:53	142.70	13:10:54	5:32	2	19:39	6	1:30:09
VP25 - East Side	5.80	43:45	7:32	2	4:54	12	6:48	148.50	13:54:39	5:37	2	24:33	6	1:34:26
VP26 - Checkpoir	5.28	29:43	5:37	4	7:34	13	8:10	153.78	14:24:22	5:37	2	32:07	6	1:40:06
VP27 - Gedenkst.	3.32	31:45	9:33	3	7:08	20	7:08	157.10	14:56:07	5:42	2	39:15	6	1:45:04
Friedrich-Ludwig	4.60	29:07	6:19	3	3:46	10	4:55	161.70	15:25:14	5:43	2	43:01	6	1:45:18