



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

**POLAKOV, Horst**

Club: LT Ende Herdecke

Number: 317

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M60 (60-64 Jahre)

Total time: 29:25:04

Speed: 5.47 km/h

Running performance: 10:55 min/km

Rank in course/Total: 338 (of 459)

Rank in course/Men: 211 (of 302)

Best time in course: 13:39:56

Rank in category: 8(of 11)

Best time in the category: 15:41:49

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	49:09	7:04	7	15:03	198	18:08	6.94	49:09	7:04	7	15:03	198	18:08
VP2 - Laufftreff Li	5.69	41:05	7:13	7	12:21	196	17:00	12.63	1:30:14	7:08	7	27:24	199	35:08
VP3 - Oranienbur	5.74	39:59	6:57	8	12:41	206	15:53	18.37	2:10:13	7:05	8	40:05	198	51:01
VP4 - Naturschut	4.70	37:44	8:01	7	11:33	202	15:18	23.07	2:47:57	7:16	7	51:38	198	1:06:19
VP5 - Frohnau	6.80	50:41	7:27	8	16:13	222	21:46	29.87	3:38:38	7:19	8	1:07:51	207	1:28:05
VP6 - Ruderclub	4.06	36:30	8:59	6	14:53	198	18:23	33.93	4:15:08	7:31	8	1:22:44	203	1:46:25
VP7 - Grenzturm	4.75	40:04	8:26	8	14:47	232	18:21	38.68	4:55:12	7:37	8	1:37:31	209	2:04:46
VP8 - Schönwald	7.52	58:56	7:50	6	19:41	208	23:06	46.20	5:54:08	7:39	8	1:57:12	212	2:27:28
VP9 - Falkenseer	5.76	52:29	9:06	8	21:23	211	24:09	51.96	6:46:37	7:49	8	2:18:35	211	2:51:09
VP10 - Karolinenl	6.54	55:39	8:30	5	19:18	183	23:27	58.50	7:42:16	7:54	8	2:37:53	209	3:14:36
VP11 - Pagel & Fi	4.90	49:31	10:06	8	22:03	233	26:28	63.40	8:31:47	8:04	8	2:59:56	204	3:41:04
VP12 - Schloss S	7.62	1:26:20	11:19	8	43:39	231	49:27	71.02	9:58:07	8:25	7	3:43:35	214	4:30:31
VP13 - Revierförs	6.21	57:15	9:13	4	21:16	201	28:25	77.23	10:55:22	8:29	7	4:04:51	215	4:58:56
VP14 - Brauhaus	6.00	59:14	9:52	8	26:24	230	30:41	83.23	11:54:36	8:35	8	4:31:15	216	5:29:37
VP15 - Gedenkst.	6.90	1:19:38	11:32	8	40:42	253	46:43	90.13	13:14:14	8:48	8	5:11:57	222	6:16:20
VP16 - Königswe	6.87	1:17:25	11:16	6	34:07	205	42:40	97.00	14:31:39	8:59	8	5:46:04	220	6:59:00
VP17 - Sportplatz	6.20	1:59:40	19:18	8	1:19:29	227	1:25:55	103.20	16:31:19	9:36	8	7:05:33	223	8:24:55
VP18 - Osdorfer	6.50	1:12:48	11:11	8	33:47	188	38:21	109.70	17:44:07	9:42	8	7:39:20	220	9:00:59
VP19 - Lichtenra	5.70	1:18:58	13:51	8	40:10	223	44:48	115.40	19:03:05	9:54	8	8:19:30	219	9:44:00
VP20 - Kirchhain	4.37	1:01:21	14:02	8	36:46	226	42:31	119.77	20:04:26	10:03	8	8:56:16	220	10:26:31
VP21 - Buckow	6.43	1:30:58	14:08	8	52:17	220	57:22	126.20	21:35:24	10:15	8	9:48:33	217	11:23:53
VP22 - Rudow	4.90	1:04:00	13:03	6	33:15	197	38:01	131.10	22:39:24	10:22	8	10:21:48	213	12:01:54
VP23 - Johannistl	5.90	1:25:57	14:34	8	49:56	205	54:22	137.00	24:05:21	10:32	8	11:11:44	211	12:56:16
VP24 - Dammwe	5.70	1:15:01	13:09	7	39:13	196	43:50	142.70	25:20:22	10:39	8	11:50:57	211	13:39:37
VP25 - East Side	5.80	1:23:20	14:22	7	41:05	197	46:23	148.50	26:43:42	10:47	8	12:32:02	210	14:23:29
VP26 - Checkpoir	5.28	48:44	9:13	5	19:56	163	27:11	153.78	27:32:26	10:44	8	12:51:58	210	14:48:10
VP27 - Gedenkst.	3.32	53:49	16:12	7	22:35	174	29:12	157.10	28:26:15	10:51	8	13:14:33	211	15:15:12
Friedrich-Ludwig	4.60	58:49	12:47	6	28:42	190	34:37	161.70	29:25:04	10:54	8	13:43:15	211	15:45:08