



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

IBRON, Alexander

Club: Birkesdorfer TV

Number: 318

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:46:03

Speed: 6.77 km/h

Running performance: 8:49 min/km

Rank in course/Total: 245 (of 459)

Rank in course/Men: 147 (of 302)

Best time in course: 13:39:56

Rank in category: 49(of 85)

Best time in the category: 15:47:54

| 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 | 44:36 | 6:25 | 43 | 11:12 | 123 | 13:35 | 6.94 | 44:36 | 6:25 | 43 | 11:12 | 123 | 13:35 |
| VP2 - Laufftreff Li | 5.69 | 37:29 | 6:35 | 43 | 10:14 | 129 | 13:24 | 12.63 | 1:22:05 | 6:29 | 46 | 21:26 | 130 | 26:59 |
| VP3 - Oranienbur | 5.74 | 35:56 | 6:15 | 44 | 10:07 | 128 | 11:50 | 18.37 | 1:58:01 | 6:25 | 46 | 31:33 | 133 | 38:49 |
| VP4 - Naturschut | 4.70 | 33:10 | 7:03 | 39 | 8:03 | 114 | 10:44 | 23.07 | 2:31:11 | 6:33 | 45 | 39:36 | 124 | 49:33 |
| VP5 - Frohnau | 6.80 | 44:47 | 6:35 | 48 | 11:33 | 138 | 15:52 | 29.87 | 3:15:58 | 6:33 | 44 | 50:10 | 128 | 1:05:25 |
| VP6 - Ruderclub | 4.06 | 29:43 | 7:19 | 36 | 8:14 | 110 | 11:36 | 33.93 | 3:45:41 | 6:39 | 41 | 58:24 | 122 | 1:16:58 |
| VP7 - Grenzturm | 4.75 | 32:38 | 6:52 | 42 | 8:34 | 125 | 10:55 | 38.68 | 4:18:19 | 6:40 | 40 | 1:06:58 | 121 | 1:27:53 |
| VP8 - Schönwald | 7.52 | 51:54 | 6:54 | 48 | 12:27 | 140 | 16:04 | 46.20 | 5:10:13 | 6:42 | 42 | 1:18:33 | 123 | 1:43:33 |
| VP9 - Falkenseer | 5.76 | 44:15 | 7:40 | 41 | 11:51 | 119 | 15:55 | 51.96 | 5:54:28 | 6:49 | 43 | 1:30:19 | 120 | 1:59:00 |
| VP10 - Karolinenl | 6.54 | 50:48 | 7:46 | 43 | 15:44 | 135 | 18:36 | 58.50 | 6:45:16 | 6:55 | 43 | 1:45:06 | 123 | 2:17:36 |
| VP11 - Pagel & Fi | 4.90 | 41:09 | 8:23 | 52 | 13:15 | 160 | 18:06 | 63.40 | 7:26:25 | 7:02 | 43 | 1:58:21 | 132 | 2:35:42 |
| VP12 - Schloss S | 7.62 | 1:13:11 | 9:36 | 57 | 29:40 | 177 | 36:18 | 71.02 | 8:39:36 | 7:18 | 45 | 2:24:36 | 134 | 3:12:00 |
| VP13 - Revierförs | 6.21 | 55:46 | 8:58 | 64 | 20:01 | 193 | 26:56 | 77.23 | 9:35:22 | 7:27 | 46 | 2:42:22 | 137 | 3:38:56 |
| VP14 - Brauhaus | 6.00 | 55:54 | 9:18 | 68 | 22:53 | 209 | 27:21 | 83.23 | 10:31:16 | 7:35 | 50 | 3:04:11 | 147 | 4:06:17 |
| VP15 - Gedenkst. | 6.90 | 1:03:28 | 9:11 | 66 | 23:54 | 197 | 30:33 | 90.13 | 11:34:44 | 7:42 | 53 | 3:27:35 | 152 | 4:36:50 |
| VP16 - Königswe | 6.87 | 1:14:45 | 10:52 | 63 | 33:06 | 189 | 40:00 | 97.00 | 12:49:29 | 7:55 | 54 | 3:56:59 | 162 | 5:16:50 |
| VP17 - Sportplatz | 6.20 | 1:14:07 | 11:57 | 42 | 36:20 | 148 | 40:22 | 103.20 | 14:03:36 | 8:10 | 52 | 4:28:27 | 161 | 5:57:12 |
| VP18 - Osdorfer | 6.50 | 1:01:50 | 9:30 | 45 | 24:01 | 146 | 27:23 | 109.70 | 15:05:26 | 8:15 | 51 | 4:47:22 | 159 | 6:22:18 |
| VP19 - Lichtenra | 5.70 | 56:45 | 9:57 | 45 | 18:51 | 127 | 22:35 | 115.40 | 16:02:11 | 8:20 | 50 | 5:01:04 | 154 | 6:43:06 |
| VP20 - Kirchhain | 4.37 | 38:48 | 8:52 | 44 | 16:57 | 131 | 19:58 | 119.77 | 16:40:59 | 8:21 | 50 | 5:16:52 | 153 | 7:03:04 |
| VP21 - Buckow | 6.43 | 59:38 | 9:16 | 43 | 24:34 | 130 | 26:02 | 126.20 | 17:40:37 | 8:24 | 49 | 5:38:50 | 148 | 7:29:06 |
| VP22 - Rudow | 4.90 | 53:00 | 10:48 | 51 | 22:47 | 158 | 27:01 | 131.10 | 18:33:37 | 8:29 | 49 | 6:01:37 | 148 | 7:56:07 |
| VP23 - Johannistl | 5.90 | 57:33 | 9:45 | 37 | 22:31 | 108 | 25:58 | 137.00 | 19:31:10 | 8:32 | 49 | 6:24:08 | 146 | 8:22:05 |
| VP24 - Dammwe | 5.70 | 55:29 | 9:44 | 32 | 21:13 | 102 | 24:18 | 142.70 | 20:26:39 | 8:35 | 48 | 6:45:21 | 142 | 8:45:54 |
| VP25 - East Side | 5.80 | 1:04:27 | 11:06 | 33 | 23:56 | 103 | 27:30 | 148.50 | 21:31:06 | 8:41 | 48 | 7:09:17 | 140 | 9:10:53 |
| VP26 - Checkpoir | 5.28 | 39:59 | 7:34 | 26 | 14:56 | 86 | 18:26 | 153.78 | 22:11:05 | 8:39 | 48 | 7:24:13 | 144 | 9:26:49 |
| VP27 - Gedenkst. | 3.32 | 44:06 | 13:16 | 26 | 16:38 | 93 | 19:29 | 157.10 | 22:55:11 | 8:45 | 48 | 7:36:50 | 144 | 9:44:08 |
| Friedrich-Ludwig | 4.60 | 50:52 | 11:03 | 47 | 21:23 | 154 | 26:40 | 161.70 | 23:46:03 | 8:49 | 49 | 7:58:09 | 147 | 10:06:07 |