100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

SATO, Hiroshi

Club: (ohne)
Number: 355

Course: 161.70 km
100MeilenBerlin

Category:
Senioren M45 (45-49 Jahre)

Total time: 19:53:10

Speed: 8.13 km/h
Running performance: 7:23 min/km

Rank in course/Total: 121 (of 459)
Rank in course/Men: 53 (of 302)
Best time in course: 13:39:56

Rank in category: 18(of 85)
Best time in the category: 15:47:54

Intermediate times

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
	Stage score							Total ranking						
VP1 - Wilhelmsru	6.94	35:10	5:04	4	1:46	15	4:09	6.94	35:10	5:04	4	1:46	15	4:09
VP2 - Lauftreff Lu	5.69	29:35	5:11	2	2:20	11	5:30	12.63	1:04:45	5:07	3	4:06	12	9:39
VP3 - Oranienbur	5.74	27:58	4:52	3	2:09	14	3:52	18.37	1:32:43	5:02	3	6:15	12	13:31
VP4 - Naturschut	4.70	25:36	5:26	2	0:29	12	3:10	23.07	1:58:19	5:07	3	6:44	12	16:41
VP5 - Frohnau	6.80	34:37	5:05	3	1:23	16	5:42	29.87	2:32:56	5:07	3	7:08	15	22:23
VP6 - Ruderclub	4.06	26:53	6:37	18	5:24	59	8:46	33.93	2:59:49	5:17	3	12:32	18	31:06
VP7 - Grenzturm	4.75	28:43	6:02	14	4:39	50	7:00	38.68	3:28:32	5:23	3	17:11	21	38:06
VP8 - Schönwald	7.52	47:13	6:16	24	7:46	68	11:23	46.20	4:15:45	5:32	3	24:05	23	49:05
VP9 - Falkenseer	5.76	36:04	6:15	8	3:40	34	7:44	51.96	4:51:49	5:36	6	27:40	30	56:21
VP10 - Karolinenl	6.54	41:13	6:18	8	6:09	32	9:01	58.50	5:33:02	5:41	6	32:52	29	1:05:22
VP11 - Pagel & Fr	4.90	31:50	6:29	11	3:56	42	8:47	63.40	6:04:52	5:45	6	36:48	29	1:14:09
VP12 - Schloss Sa	7.62	50:39	6:38	15	7:08	41	13:46	71.02	6:55:31	5:51	6	40:31	26	1:27:55
VP13 - Revierförs	6.21	43:10	6:57	16	7:25	49	14:20	77.23	7:38:41	5:56	6	45:41	29	1:42:15
VP14 - Brauhaus	6.00	41:26	6:54	24	8:25	70	12:53	83.23	8:20:07	6:00	8	53:02	35	1:55:08
VP15 - Gedenkst	6.90	49:46	7:12	33	10:12	84	16:51	90.13	9:09:53	6:06	8	1:02:44	36	2:11:59
VP16 - Königswe	6.87	54:50	7:58	22	13:11	63	20:05	97.00	10:04:43	6:14	9	1:12:13	37	2:32:04
VP17 - Sportplatz	6.20	59:46	9:38	25	21:59	77	26:01	103.20	11:04:29	6:26	10	1:29:20	40	2:58:05
VP18 - Osdorfer S	6.50	58:22	8:58	41	20:33	131	23:55	109.70	12:02:51	6:35	10	1:44:47	40	3:19:43
VP19 - Lichtenrad	5.70	55:28	9:43	43	17:34	110	21:18	115.40	12:58:19	6:44	12	1:57:12	42	3:39:14
VP20 - Kirchhaine	4.37	33:36	7:41	24	11:45	73	14:46	119.77	13:31:55	6:46	12	2:07:48	42	3:54:00
VP21 - Buckow	6.43	55:00	8:33	28	19:56	97	21:24	126.20	14:26:55	6:52	12	2:25:08	43	4:15:24
VP22 - Rudow	4.90	41:50	8:32	20	11:37	61	15:51	131.10	15:08:45	6:55	16	2:36:45	48	4:31:15
VP23 - Johannisth	5.90	46:11	7:49	11	11:09	38	14:36	137.00	15:54:56	6:58	15	2:47:54	45	4:45:51
VP24 - Dammwe	5.70	54:42	9:35	30	20:26	98	23:31	142.70	16:49:38	7:04	18	3:08:20	52	5:08:53
VP25 - East Side	5.80	1:01:34	10:36	29	21:03	88	24:37	148.50	17:51:12	7:12	19	3:29:23	52	5:30:59
VP26 - Checkpoir	5.28	44:17	8:23	39	19:14	131	22:44	153.78	18:35:29	7:15	19	3:48:37	53	5:51:13
VP27 - Gedenkst	3.32	43:24	13:04	24	15:56	85	18:47	157.10	19:18:53	7:22	19	4:00:32	55	6:07:50
Friedrich-Ludwig	4.60	34:17	7:27	12	4:48	38	10:05	161.70	19:53:10	7:22	18	4:05:16	53	6:13:14