



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

LANTINK, Jan-Albert

Club: MPM-Hengelo

Number: 362

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 13:39:56

Speed: 11.78 km/h

Running performance: 5:04 min/km

Rank in course/Total: 4 (of 459)

Rank in course/Men: 1 (of 302)

Best time in course: 13:39:56

Rank in category: 1(of 46)

Best time in the category: 13:39:56

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