



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

PRZEWLOKA, Michael

Club: Cats&Grizzlies

Number: 37

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:39:56

Speed: 6.30 km/h

Running performance: 9:31 min/km

Rank in course/Total: 269 (of 459)

Rank in course/Men: 163 (of 302)

Best time in course: 13:39:56

Rank in category: 51(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	42:15	6:05	26	8:51	85	11:14	6.94	42:15	6:05	26	8:51	85	11:14
VP2 - Laufftreff Li	5.69	35:32	6:14	25	8:17	87	11:27	12.63	1:17:47	6:09	27	17:08	89	22:41
VP3 - Oranienbur	5.74	36:08	6:17	46	10:19	137	12:02	18.37	1:53:55	6:12	36	27:27	101	34:43
VP4 - Naturschut	4.70	34:29	7:20	48	9:22	138	12:03	23.07	2:28:24	6:25	37	36:49	110	46:46
VP5 - Frohnau	6.80	45:12	6:38	52	11:58	147	16:17	29.87	3:13:36	6:28	40	47:48	118	1:03:03
VP6 - Ruderclub	4.06	28:48	7:05	31	7:19	96	10:41	33.93	3:42:24	6:33	37	55:07	108	1:13:41
VP7 - Grenzturm	4.75	33:06	6:58	45	9:02	134	11:23	38.68	4:15:30	6:36	37	1:04:09	111	1:25:04
VP8 - Schönwald	7.52	50:58	6:46	43	11:31	126	15:08	46.20	5:06:28	6:38	36	1:14:48	111	1:39:48
VP9 - Falkenseer	5.76	48:30	8:25	54	16:06	170	20:10	51.96	5:54:58	6:49	44	1:30:49	123	1:59:30
VP10 - Karolinenl	6.54	52:29	8:01	51	17:25	158	20:17	58.50	6:47:27	6:57	45	1:47:17	131	2:19:47
VP11 - Pagel & Fi	4.90	40:38	8:17	49	12:44	153	17:35	63.40	7:28:05	7:04	44	2:00:01	134	2:37:22
VP12 - Schloss S	7.62	1:16:24	10:01	63	32:53	192	39:31	71.02	8:44:29	7:23	48	2:29:29	139	3:16:53
VP13 - Revierförs	6.21	52:46	8:29	55	17:01	162	23:56	77.23	9:37:15	7:28	48	2:44:15	140	3:40:49
VP14 - Brauhaus	6.00	47:47	7:57	44	14:46	128	19:14	83.23	10:25:02	7:30	46	2:57:57	136	4:00:03
VP15 - Gedenkst.	6.90	58:17	8:26	56	18:43	164	25:22	90.13	11:23:19	7:34	46	3:16:10	139	4:25:25
VP16 - Königswe	6.87	1:10:40	10:17	55	29:01	171	35:55	97.00	12:33:59	7:46	49	3:41:29	145	5:01:20
VP17 - Sportplatz	6.20	1:15:50	12:13	44	38:03	154	42:05	103.20	13:49:49	8:02	49	4:14:40	147	5:43:25
VP18 - Osdorfer	6.50	1:01:03	9:23	43	23:14	140	26:36	109.70	14:50:52	8:07	49	4:32:48	149	6:07:44
VP19 - Lichtenra	5.70	57:22	10:03	47	19:28	135	23:12	115.40	15:48:14	8:13	48	4:47:07	146	6:29:09
VP20 - Kirchhain	4.37	38:08	8:43	41	16:17	123	19:18	119.77	16:26:22	8:14	48	5:02:15	145	6:48:27
VP21 - Buckow	6.43	1:19:32	12:22	61	44:28	199	45:56	126.20	17:45:54	8:26	50	5:44:07	151	7:34:23
VP22 - Rudow	4.90	1:00:15	12:17	57	30:02	178	34:16	131.10	18:46:09	8:35	51	6:14:09	152	8:08:39
VP23 - Johannistl	5.90	1:22:43	14:01	57	47:41	200	51:08	137.00	20:08:52	8:49	52	7:01:50	163	8:59:47
VP24 - Dammwe	5.70	1:18:27	13:45	57	44:11	202	47:16	142.70	21:27:19	9:01	51	7:46:01	162	9:46:34
VP25 - East Side	5.80	1:22:28	14:13	54	41:57	195	45:31	148.50	22:49:47	9:13	51	8:27:58	162	10:29:34
VP26 - Checkpoir	5.28	58:09	11:00	55	33:06	199	36:36	153.78	23:47:56	9:17	51	9:01:04	164	11:03:40
VP27 - Gedenkst.	3.32	56:37	17:03	55	29:09	190	32:00	157.10	24:44:33	9:26	51	9:26:12	164	11:33:30
Friedrich-Ludwig	4.60	55:23	12:02	52	25:54	172	31:11	161.70	25:39:56	9:31	51	9:52:02	163	12:00:00