



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

DEHLING, Sascha

Club: LG Mauerweg Berlin e.V.

Number: 38

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 14:37:35

Speed: 11.06 km/h

Running performance: 5:26 min/km

Rank in course/Total: 14 (of 459)

Rank in course/Men: 2 (of 302)

Best time in course: 13:39:56

Rank in category: 1(of 36)

Best time in the category: 14:37:35

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