



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

RASMUSSEN, Jens

Club: (ohne)

Number: 54

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 21:49:40

Speed: 7.38 km/h

Running performance: 8:06 min/km

Rank in course/Total: 165 (of 459)

Rank in course/Men: 88 (of 302)

Best time in course: 13:39:56

Rank in category: 16(of 36)

Best time in the category: 14:37:35

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	45:13	6:30	19	11:51	134	14:12	6.94	45:13	6:30	19	11:51	134	14:12
VP2 - Laufftreff Li	5.69	37:13	6:32	17	10:29	121	13:08	12.63	1:22:26	6:31	19	22:20	134	27:20
VP3 - Oranienbur	5.74	34:00	5:55	16	8:49	93	9:54	18.37	1:56:26	6:20	19	31:09	123	37:14
VP4 - Naturschut	4.70	31:44	6:45	15	7:50	88	9:18	23.07	2:28:10	6:25	17	38:59	104	46:32
VP5 - Frohnau	6.80	40:02	5:53	12	7:25	56	11:07	29.87	3:08:12	6:18	17	46:24	94	57:39
VP6 - Ruderclub	4.06	27:57	6:53	16	7:34	77	9:50	33.93	3:36:09	6:22	16	53:58	91	1:07:26
VP7 - Grenzturm	4.75	32:21	6:48	19	8:05	117	10:38	38.68	4:08:30	6:25	17	1:01:44	89	1:18:04
VP8 - Schönwald	7.52	51:24	6:50	21	12:20	136	15:34	46.20	4:59:54	6:29	17	1:12:20	94	1:33:14
VP9 - Falkenseer	5.76	42:09	7:19	17	11:31	96	13:49	51.96	5:42:03	6:34	17	1:19:29	93	1:46:35
VP10 - Karolinenl	6.54	45:02	6:53	14	9:29	62	12:50	58.50	6:27:05	6:37	15	1:27:24	87	1:59:25
VP11 - Pagel & Fi	4.90	35:43	7:17	16	10:14	90	12:40	63.40	7:02:48	6:40	15	1:36:44	87	2:12:05
VP12 - Schloss S	7.62	57:35	7:33	14	17:16	79	20:42	71.02	8:00:23	6:45	15	1:52:15	85	2:32:47
VP13 - Revierförs	6.21	47:30	7:38	20	15:57	107	18:40	77.23	8:47:53	6:50	15	2:04:44	85	2:51:27
VP14 - Brauhaus	6.00	44:07	7:21	18	13:17	92	15:34	83.23	9:32:00	6:52	15	2:17:47	82	3:07:01
VP15 - Gedenkst.	6.90	52:48	7:39	20	18:35	111	19:53	90.13	10:24:48	6:55	15	2:35:56	82	3:26:54
VP16 - Königswe	6.87	1:04:34	9:23	21	26:30	135	29:49	97.00	11:29:22	7:06	16	3:01:16	87	3:56:43
VP17 - Sportplatz	6.20	1:11:39	11:33	21	37:39	140	37:54	103.20	12:41:01	7:22	18	3:38:49	98	4:34:37
VP18 - Osdorfer	6.50	49:47	7:39	12	15:07	59	15:20	109.70	13:30:48	7:23	17	3:53:56	89	4:47:40
VP19 - Lichtenra	5.70	51:43	9:04	16	17:25	76	17:33	115.40	14:22:31	7:28	16	4:11:21	87	5:03:26
VP20 - Kirchhain	4.37	36:24	8:19	18	15:49	100	17:34	119.77	14:58:55	7:30	16	4:27:10	88	5:21:00
VP21 - Buckow	6.43	53:21	8:17	15	19:19	75	19:45	126.20	15:52:16	7:32	16	4:45:56	88	5:40:45
VP22 - Rudow	4.90	46:18	9:26	19	19:01	109	20:19	131.10	16:38:34	7:37	16	5:03:20	87	6:01:04
VP23 - Johannistl	5.90	58:54	9:58	15	27:01	121	27:19	137.00	17:37:28	7:43	16	5:27:37	88	6:28:23
VP24 - Dammwe	5.70	55:19	9:42	18	23:16	101	24:08	142.70	18:32:47	7:47	16	5:50:04	86	6:52:02
VP25 - East Side	5.80	1:06:31	11:28	19	29:34	116	29:34	148.50	19:39:18	7:56	16	6:19:38	87	7:19:05
VP26 - Checkpoir	5.28	47:04	8:54	22	25:31	156	25:31	153.78	20:26:22	7:58	16	6:42:13	89	7:42:06
VP27 - Gedenkst.	3.32	43:45	13:10	14	18:55	89	19:08	157.10	21:10:07	8:05	16	6:58:01	91	7:59:04
Friedrich-Ludwig	4.60	39:33	8:35	13	15:21	73	15:21	161.70	21:49:40	8:05	16	7:12:05	88	8:09:44