



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

ANGENVOORT, Christoph

Club: Laufteam Wolfhagen

Number: 72

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:48:28

Speed: 6.79 km/h

Running performance: 8:50 min/km

Rank in course/Total: 250 (of 459)

Rank in course/Men: 151 (of 302)

Best time in course: 13:39:56

Rank in category: 50(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	47:51	6:53	58	14:27	173	16:50	6.94	47:51	6:53	58	14:27	173	16:50
VP2 - Laufftreff Li	5.69	39:35	6:57	57	12:20	171	15:30	12.63	1:27:26	6:55	55	26:47	167	32:20
VP3 - Oranienbur	5.74	36:33	6:22	50	10:44	142	12:27	18.37	2:03:59	6:44	54	37:31	158	44:47
VP4 - Naturschut	4.70	34:33	7:21	49	9:26	140	12:07	23.07	2:38:32	6:52	56	46:57	157	56:54
VP5 - Frohnau	6.80	43:42	6:25	44	10:28	121	14:47	29.87	3:22:14	6:46	53	56:26	151	1:11:41
VP6 - Ruderclub	4.06	30:23	7:29	40	8:54	120	12:16	33.93	3:52:37	6:51	52	1:05:20	145	1:23:54
VP7 - Grenzturm	4.75	32:43	6:53	43	8:39	127	11:00	38.68	4:25:20	6:51	50	1:13:59	144	1:34:54
VP8 - Schönwald	7.52	49:25	6:34	31	9:58	91	13:35	46.20	5:14:45	6:48	48	1:23:05	138	1:48:05
VP9 - Falkenseer	5.76	43:00	7:27	34	10:36	105	14:40	51.96	5:57:45	6:53	46	1:33:36	134	2:02:17
VP10 - Karolinenl	6.54	45:42	6:59	26	10:38	75	13:30	58.50	6:43:27	6:53	40	1:43:17	117	2:15:47
VP11 - Pagel & Fi	4.90	34:54	7:07	27	7:00	78	11:51	63.40	7:18:21	6:54	39	1:50:17	113	2:27:38
VP12 - Schloss S	7.62	54:38	7:10	24	11:07	61	17:45	71.02	8:12:59	6:56	34	1:57:59	96	2:45:23
VP13 - Revierförs	6.21	46:35	7:30	33	10:50	90	17:45	77.23	8:59:34	6:59	34	2:06:34	93	3:03:08
VP14 - Brauhaus	6.00	46:33	7:45	39	13:32	112	18:00	83.23	9:46:07	7:02	34	2:19:02	94	3:21:08
VP15 - Gedenkst.	6.90	48:11	6:58	26	8:37	67	15:16	90.13	10:34:18	7:02	33	2:27:09	93	3:36:24
VP16 - Königswe	6.87	1:03:30	9:14	42	21:51	125	28:45	97.00	11:37:48	7:11	34	2:45:18	95	4:05:09
VP17 - Sportplatz	6.20	2:31:06	24:22	67	1:53:19	235	1:57:21	103.20	14:08:54	8:13	53	4:33:45	164	6:02:30
VP18 - Osdorfer	6.50	48:45	7:30	17	10:56	54	14:18	109.70	14:57:39	8:10	50	4:39:35	154	6:14:31
VP19 - Lichtenra	5.70	48:36	8:31	17	10:42	60	14:26	115.40	15:46:15	8:11	47	4:45:08	145	6:27:10
VP20 - Kirchhain	4.37	33:47	7:43	26	11:56	75	14:57	119.77	16:20:02	8:10	46	4:55:55	138	6:42:07
VP21 - Buckow	6.43	1:05:25	10:10	54	30:21	154	31:49	126.20	17:25:27	8:17	46	5:23:40	141	7:13:56
VP22 - Rudow	4.90	43:49	8:56	27	13:36	77	17:50	131.10	18:09:16	8:18	46	5:37:16	140	7:31:46
VP23 - Johannistl	5.90	1:06:11	11:13	49	31:09	155	34:36	137.00	19:15:27	8:26	47	6:08:25	142	8:06:22
VP24 - Dammwe	5.70	1:11:23	12:31	54	37:07	185	40:12	142.70	20:26:50	8:35	49	6:45:32	143	8:46:05
VP25 - East Side	5.80	1:12:02	12:25	45	31:31	144	35:05	148.50	21:38:52	8:44	50	7:17:03	153	9:18:39
VP26 - Checkpoir	5.28	42:58	8:08	35	17:55	121	21:25	153.78	22:21:50	8:43	50	7:34:58	153	9:37:34
VP27 - Gedenkst.	3.32	48:10	14:30	39	20:42	135	23:33	157.10	23:10:00	8:50	50	7:51:39	154	9:58:57
Friedrich-Ludwig	4.60	38:28	8:21	21	8:59	63	14:16	161.70	23:48:28	8:50	50	8:00:34	151	10:08:32