



# 100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

**CHRETIEN, Frederic**

Club: (ohne)

Number: 79

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 21:37:42

Speed: 7.44 km/h

Running performance: 8:01 min/km

Rank in course/Total: 155 (of 459)

Rank in course/Men: 79 (of 302)

Best time in course: 13:39:56

Rank in category: 30(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     | 40:31      | 5:50         | 14          | 7:07        | 55      | 9:30       | 6.94          | 40:31      | 5:50         | 14       | 7:07        | 55      | 9:30       |
| VP2 - Laufftreff Li | 5.69     | 35:36      | 6:15         | 28          | 8:21        | 90      | 11:31      | 12.63         | 1:16:07    | 6:01         | 16       | 15:28       | 61      | 21:01      |
| VP3 - Oranienbur    | 5.74     | 31:54      | 5:33         | 12          | 6:05        | 47      | 7:48       | 18.37         | 1:48:01    | 5:52         | 16       | 21:33       | 58      | 28:49      |
| VP4 - Naturschut    | 4.70     | 29:10      | 6:12         | 10          | 4:03        | 42      | 6:44       | 23.07         | 2:17:11    | 5:56         | 14       | 25:36       | 53      | 35:33      |
| VP5 - Frohnau       | 6.80     | 38:47      | 5:42         | 13          | 5:33        | 46      | 9:52       | 29.87         | 2:55:58    | 5:53         | 12       | 30:10       | 49      | 45:25      |
| VP6 - Ruderclub     | 4.06     | 31:53      | 7:51         | 44          | 10:24       | 136     | 13:46      | 33.93         | 3:27:51    | 6:07         | 19       | 40:34       | 63      | 59:08      |
| VP7 - Grenzturm     | 4.75     | 27:45      | 5:50         | 8           | 3:41        | 35      | 6:02       | 38.68         | 3:55:36    | 6:05         | 19       | 44:15       | 60      | 1:05:10    |
| VP8 - Schönwald     | 7.52     | 46:39      | 6:12         | 18          | 7:12        | 59      | 10:49      | 46.20         | 4:42:15    | 6:06         | 19       | 50:35       | 61      | 1:15:35    |
| VP9 - Falkenseer    | 5.76     | 41:13      | 7:09         | 29          | 8:49        | 84      | 12:53      | 51.96         | 5:23:28    | 6:13         | 20       | 59:19       | 64      | 1:28:00    |
| VP10 - Karolinenl   | 6.54     | 43:37      | 6:40         | 16          | 8:33        | 53      | 11:25      | 58.50         | 6:07:05    | 6:16         | 18       | 1:06:55     | 60      | 1:39:25    |
| VP11 - Pagel & Fi   | 4.90     | 30:59      | 6:19         | 9           | 3:05        | 33      | 7:56       | 63.40         | 6:38:04    | 6:16         | 18       | 1:10:00     | 59      | 1:47:21    |
| VP12 - Schloss S    | 7.62     | 1:02:27    | 8:11         | 36          | 18:56       | 106     | 25:34      | 71.02         | 7:40:31    | 6:29         | 18       | 1:25:31     | 63      | 2:12:55    |
| VP13 - Revierförs   | 6.21     | 41:25      | 6:40         | 11          | 5:40        | 35      | 12:35      | 77.23         | 8:21:56    | 6:29         | 18       | 1:28:56     | 60      | 2:25:30    |
| VP14 - Brauhaus     | 6.00     | 38:35      | 6:25         | 10          | 5:34        | 36      | 10:02      | 83.23         | 9:00:31    | 6:29         | 18       | 1:33:26     | 59      | 2:35:32    |
| VP15 - Gedenkst.    | 6.90     | 47:31      | 6:53         | 22          | 7:57        | 60      | 14:36      | 90.13         | 9:48:02    | 6:31         | 19       | 1:40:53     | 59      | 2:50:08    |
| VP16 - Königswe     | 6.87     | 50:11      | 7:18         | 9           | 8:32        | 32      | 15:26      | 97.00         | 10:38:13   | 6:34         | 18       | 1:45:43     | 55      | 3:05:34    |
| VP17 - Sportplatz   | 6.20     | 56:42      | 9:08         | 20          | 18:55       | 65      | 22:57      | 103.20        | 11:34:55   | 6:44         | 18       | 1:59:46     | 55      | 3:28:31    |
| VP18 - Osdorfer     | 6.50     | 49:15      | 7:34         | 18          | 11:26       | 56      | 14:48      | 109.70        | 12:24:10   | 6:47         | 15       | 2:06:06     | 51      | 3:41:02    |
| VP19 - Lichtenra    | 5.70     | 52:44      | 9:15         | 34          | 14:50       | 89      | 18:34      | 115.40        | 13:16:54   | 6:54         | 18       | 2:15:47     | 55      | 3:57:49    |
| VP20 - Kirchhain    | 4.37     | 38:19      | 8:46         | 42          | 16:28       | 124     | 19:29      | 119.77        | 13:55:13   | 6:58         | 20       | 2:31:06     | 57      | 4:17:18    |
| VP21 - Buckow       | 6.43     | 1:04:12    | 9:59         | 52          | 29:08       | 151     | 30:36      | 126.20        | 14:59:25   | 7:07         | 23       | 2:57:38     | 62      | 4:47:54    |
| VP22 - Rudow        | 4.90     | 41:27      | 8:27         | 16          | 11:14       | 55      | 15:28      | 131.10        | 15:40:52   | 7:10         | 23       | 3:08:52     | 63      | 5:03:22    |
| VP23 - Johannistl   | 5.90     | 54:09      | 9:10         | 28          | 19:07       | 81      | 22:34      | 137.00        | 16:35:01   | 7:15         | 22       | 3:27:59     | 62      | 5:25:56    |
| VP24 - Dammwe       | 5.70     | 54:22      | 9:32         | 28          | 20:06       | 94      | 23:11      | 142.70        | 17:29:23   | 7:21         | 22       | 3:48:05     | 59      | 5:48:38    |
| VP25 - East Side    | 5.80     | 1:17:58    | 13:26        | 50          | 37:27       | 174     | 41:01      | 148.50        | 18:47:21   | 7:35         | 25       | 4:25:32     | 69      | 6:27:08    |
| VP26 - Checkpoir    | 5.28     | 56:27      | 10:41        | 54          | 31:24       | 196     | 34:54      | 153.78        | 19:43:48   | 7:41         | 26       | 4:56:56     | 72      | 6:59:32    |
| VP27 - Gedenkst.    | 3.32     | 52:24      | 15:46        | 47          | 24:56       | 162     | 27:47      | 157.10        | 20:36:12   | 7:52         | 27       | 5:17:51     | 75      | 7:25:09    |
| Friedrich-Ludwig    | 4.60     | 1:01:30    | 13:22        | 59          | 32:01       | 196     | 37:18      | 161.70        | 21:37:42   | 8:01         | 30       | 5:49:48     | 79      | 7:57:46    |