



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

Holl, Alexander

Club: Holzhausen

Number: 207

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 21:42:59

Speed: 7.41 km/h

Running performance: 8:03 min/km

Rank in course/Total: 91 (of 397)

Rank in course/Men: 78 (of 313)

Best time in course: 13:17:41

Rank in category: 20(of 70)

Best time in the category: 16:22:32

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 - Checkpoint	8.60	47:17	5:29	2	3:03	11	3:09	8.60	47:17	5:29	2	3:03	11	3:09
VP2 - East Side G	4.80	25:25	5:17	7	4:20	34	4:22	13.40	1:12:42	5:25	2	7:23	11	7:28
VP3 - Dammweg	5.80	33:38	5:47	8	3:50	28	4:26	19.20	1:46:20	5:32	5	11:13	20	11:29
VP4 - Johannisth	5.70	31:58	5:36	10	5:16	37	7:26	24.90	2:18:18	5:33	5	16:29	21	18:36
VP5 - Imbiß "Am	9.50	56:04	5:54	11	8:42	41	14:32	34.40	3:14:22	5:39	6	25:11	25	33:05
VP6 - Buckow	4.50	29:41	6:35	17	6:26	66	9:05	38.90	3:44:03	5:45	7	31:37	29	42:10
Control	7.60	49:34	6:31	15	8:52	70	15:32	46.50	4:33:37	5:53	10	40:26	34	57:42
VP8 - Osdorfer St	6.30	43:19	6:52	22	9:40	101	15:53	52.80	5:16:56	6:00	11	50:06	40	1:13:35
VP9 - Sportplatz	6.50	56:12	8:38	34	21:38	155	34:45	59.30	6:13:08	6:17	12	1:11:44	48	1:38:17
VP10 - Königswe	6.20	47:43	7:41	33	11:40	137	18:18	65.50	7:00:51	6:25	13	1:23:24	56	1:56:35
VP11 - Gedenkst	6.80	53:06	7:48	24	12:53	109	28:47	72.30	7:53:57	6:33	14	1:35:23	60	2:15:35
VP12 - Brauhaus	6.90	54:22	7:52	26	13:02	114	21:15	79.20	8:48:19	6:40	14	1:44:07	62	2:36:50
VP13 - Revierförs	5.70	46:36	8:10	28	11:57	112	16:33	84.90	9:34:55	6:46	14	1:18:20	63	2:53:23
VP14 - Schloss S	6.30	1:06:37	10:34	39	29:02	168	35:10	91.20	10:41:32	7:02	15	1:41:49	67	3:28:33
VP15 - Pagel & Fi	7.60	1:03:42	8:22	33	16:55	144	26:00	98.80	11:45:14	7:08	15	1:56:37	71	3:54:33
VP16 - Karolinenl	4.90	48:36	9:55	37	16:34	165	23:01	103.70	12:33:50	7:16	15	2:13:11	74	4:17:34
VP17 - Falkensee	6.50	58:07	8:56	35	15:48	151	25:36	110.20	13:31:57	7:22	15	2:28:59	75	4:43:10
VP18 - Schönwal	5.80	55:58	9:38	31	20:03	157	26:53	116.00	14:27:55	7:28	18	2:49:02	81	5:10:03
VP19 - Grenzturn	7.30	1:07:30	9:14	25	21:08	105	39:24	123.30	15:35:25	7:35	19	3:10:10	81	5:38:46
VP20 - Rudercluk	4.80	43:16	9:00	20	13:55	89	18:56	128.10	16:18:41	7:38	19	3:24:05	78	5:57:42
VP21 - Frohnau	4.10	44:48	10:55	23	19:01	109	22:09	132.20	17:03:29	7:44	18	3:43:06	77	6:19:51
VP22 - Naturschu	6.40	59:49	9:20	31	19:24	131	26:37	138.60	18:03:18	7:48	18	4:02:30	77	6:46:28
VP23 - Oranienbu	4.50	50:00	11:06	39	21:42	170	25:03	143.10	18:53:18	7:55	21	4:24:12	83	7:11:31
VP24 - Laufftreff l	5.30	52:47	9:57	30	20:20	123	24:33	148.40	19:46:05	7:59	20	4:44:32	80	7:36:04
VP25 - Wilhelmsr	5.70	51:39	9:03	23	15:52	81	21:38	154.10	20:37:44	8:01	19	5:00:24	79	7:57:42
VP26 - Wollankst	3.10	34:16	11:03	36	13:52	158	17:09	157.20	21:12:00	8:05	20	5:14:16	82	8:14:51
Friedrich-Ludwig	4.20	30:59	7:22	15	6:20	62	11:13	161.90	21:42:59	8:02	20	5:20:27	79	8:25:18