



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Lange, Henrik

Club: Running Twins

Number: 305

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 22:08:39

Speed: 7.27 km/h

Running performance: 8:13 min/km

Rank in course/Total: 104 (of 397)

Rank in course/Men: 89 (of 313)

Best time in course: 13:17:41

Rank in category: 10(of 29)

Best time in the category: 17:26:34

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	48:08	5:35	1	-	12	4:00	8.60	48:08	5:35	1	-	12	4:00
VP2 - East Side G	4.80	24:43	5:08	2	0:04	17	3:40	13.40	1:12:51	5:26	2	0:04	14	7:37
VP3 - Dammweg	5.80	33:05	5:42	1	-	21	3:53	19.20	1:45:56	5:31	1	-	16	11:05
VP4 - Johannisth	5.70	30:25	5:20	1	-	21	5:53	24.90	2:16:21	5:28	1	-	16	16:39
VP5 - Imbiß "Am	9.50	52:37	5:32	2	0:06	21	11:05	34.40	3:08:58	5:29	1	-	18	27:41
VP6 - Buckow	4.50	25:52	5:44	1	-	18	5:16	38.90	3:34:50	5:31	1	-	18	32:57
Control	7.60	44:18	5:49	3	0:15	31	10:16	46.50	4:19:08	5:34	2	0:08	19	43:13
VP8 - Osdorfer St	6.30	37:22	5:55	2	0:09	28	9:56	52.80	4:56:30	5:36	2	0:03	20	53:09
VP9 - Sportplatz	6.50	45:15	6:57	5	23:39	50	23:48	59.30	5:41:45	5:45	2	0:01	23	1:06:54
VP10 - Königswe	6.20	45:37	7:21	12	8:16	107	16:12	65.50	6:27:22	5:54	3	2:58	24	1:23:06
VP11 - Gedenkst	6.80	48:11	7:05	9	7:07	54	23:52	72.30	7:15:33	6:01	4	5:00	28	1:37:11
VP12 - Brauhaus	6.90	53:05	7:41	12	11:13	92	19:58	79.20	8:08:38	6:10	4	12:03	31	1:57:09
VP13 - Revierförs	5.70	46:52	8:13	13	9:33	118	16:49	84.90	8:55:30	6:18	4	21:07	30	2:13:58
VP14 - Schloss S	6.30	49:35	7:52	4	10:23	43	18:08	91.20	9:45:05	6:24	4	31:30	32	2:32:06
VP15 - Pagel & Fi	7.60	1:31:36	12:03	24	43:03	275	53:54	98.80	11:16:41	6:50	4	1:11:41	56	3:26:00
VP16 - Karolinenl	4.90	58:15	11:53	21	21:58	228	32:40	103.70	12:14:56	7:05	6	1:33:39	59	3:58:40
VP17 - Falkensee	6.50	1:04:45	9:57	18	20:00	203	32:14	110.20	13:19:41	7:15	8	1:53:39	70	4:30:54
VP18 - Schönwal	5.80	53:38	9:14	14	14:19	137	24:33	116.00	14:13:19	7:21	8	2:05:50	72	4:55:27
VP19 - Grenzturn	7.30	1:03:48	8:44	7	17:14	72	35:42	123.30	15:17:07	7:26	7	2:23:04	69	5:20:28
VP20 - Rudercluk	4.80	43:14	9:00	10	12:24	88	18:54	128.10	16:00:21	7:29	7	2:35:28	68	5:39:22
VP21 - Frohnau	4.10	52:28	12:47	16	24:57	167	29:49	132.20	16:52:49	7:39	7	3:00:25	70	6:09:11
VP22 - Naturschu	6.40	59:22	9:16	14	17:30	126	26:10	138.60	17:52:11	7:44	7	3:17:55	71	6:35:21
VP23 - Oranienbu	4.50	53:16	11:50	20	20:31	191	28:19	143.10	18:45:27	7:51	8	3:38:17	75	7:03:40
VP24 - Laufftreff l	5.30	1:02:20	11:45	19	25:15	215	34:06	148.40	19:47:47	8:00	10	4:03:32	83	7:37:46
VP25 - Wilhelmsr	5.70	1:04:08	11:15	17	26:00	198	34:07	154.10	20:51:55	8:07	10	4:27:35	87	8:11:53
VP26 - Wollankst	3.10	36:41	11:49	18	16:34	200	19:34	157.20	21:28:36	8:11	10	4:26:08	89	8:31:27
Friedrich-Ludwig	4.20	40:03	9:32	21	16:35	182	20:17	161.90	22:08:39	8:12	10	4:42:05	90	8:50:58