



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Bak, Kristian**

Club: 2.Tim4:7

Number: 385

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 22:31:47

Speed: 7.15 km/h

Running performance: 8:21 min/km

Rank in course/Total: 115 (of 397)

Rank in course/Men: 100 (of 313)

Best time in course: 13:17:41

Rank in category: 13(of 38)

Best time in the category: 15:13:41

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	1:00:50	7:04	24	16:42	161	16:42	8.60	1:00:50	7:04	24	16:42	161	16:42
VP2 - East Side G	4.80	28:56	6:01	17	7:44	109	7:53	13.40	1:29:46	6:41	22	24:26	148	24:32
VP3 - Dammweg	5.80	38:41	6:40	18	8:52	110	9:29	19.20	2:08:27	6:41	20	33:18	125	33:36
VP4 - Johannisth	5.70	37:20	6:32	20	11:04	142	12:48	24.90	2:45:47	6:39	21	44:22	127	46:05
VP5 - Imbiß "Am	9.50	1:02:00	6:31	15	17:49	101	20:28	34.40	3:47:47	6:37	18	1:02:11	117	1:06:30
VP6 - Buckow	4.50	31:05	6:54	15	9:28	89	10:29	38.90	4:18:52	6:39	19	1:11:39	117	1:16:59
Control	7.60	48:33	6:23	9	11:54	65	14:31	46.50	5:07:25	6:36	17	1:23:33	106	1:31:30
VP8 - Osdorfer St	6.30	40:38	6:26	7	10:25	57	13:12	52.80	5:48:03	6:35	13	1:33:58	84	1:44:42
VP9 - Sportplatz	6.50	48:35	7:28	11	16:23	81	27:08	59.30	6:36:38	6:41	10	1:50:21	76	2:01:47
VP10 - Königswe	6.20	43:43	7:03	13	11:13	71	14:18	65.50	7:20:21	6:43	9	2:01:34	75	2:16:05
VP11 - Gedenkst	6.80	52:34	7:43	16	17:28	101	28:15	72.30	8:12:55	6:49	10	2:19:02	76	2:34:33
VP12 - Brauhaus	6.90	55:57	8:06	20	17:23	140	22:50	79.20	9:08:52	6:55	10	2:36:25	79	2:57:23
VP13 - Revierförs	5.70	57:11	10:01	35	24:45	249	27:08	84.90	10:06:03	7:08	14	3:01:10	95	3:24:31
VP14 - Schloss S	6.30	1:18:58	12:32	32	45:22	234	47:31	91.20	11:25:01	7:30	19	3:46:32	124	4:12:02
VP15 - Pagel & Fi	7.60	1:07:48	8:55	28	26:29	189	30:06	98.80	12:32:49	7:37	19	4:13:01	124	4:42:08
VP16 - Karolinenl	4.90	48:24	9:52	22	17:31	163	22:49	103.70	13:21:13	7:43	17	4:30:32	122	5:04:57
VP17 - Falkensee	6.50	1:00:33	9:18	25	23:21	173	28:02	110.20	14:21:46	7:49	17	4:53:53	123	5:32:59
VP18 - Schönwal	5.80	52:50	9:06	20	20:35	132	23:45	116.00	15:14:36	7:53	17	5:13:32	119	5:56:44
VP19 - Grenzturn	7.30	1:02:03	8:30	7	15:02	59	33:57	123.30	16:16:39	7:55	17	5:25:15	115	6:20:00
VP20 - Rudercluk	4.80	53:32	11:09	29	24:32	197	29:12	128.10	17:10:11	8:02	17	5:49:47	116	6:49:12
VP21 - Frohnau	4.10	54:02	13:10	21	26:28	179	31:23	132.20	18:04:13	8:12	18	6:10:26	119	7:20:35
VP22 - Naturschu	6.40	59:04	9:13	18	23:07	121	25:52	138.60	19:03:17	8:14	19	6:33:09	119	7:46:27
VP23 - Oranienbu	4.50	44:05	9:47	11	15:25	90	19:08	143.10	19:47:22	8:17	16	6:48:34	114	8:05:35
VP24 - Laufftreff l	5.30	52:55	9:59	17	21:44	127	24:41	148.40	20:40:17	8:21	17	7:06:12	115	8:30:16
VP25 - Wilhelmsr	5.70	55:13	9:41	16	19:19	119	25:12	154.10	21:35:30	8:24	14	7:23:20	112	8:55:28
VP26 - Wollankst	3.10	30:11	9:44	13	11:28	94	13:04	157.20	22:05:41	8:25	14	7:17:52	109	9:08:32
Friedrich-Ludwig	4.20	26:06	6:12	5	2:23	21	6:20	161.90	22:31:47	8:20	13	7:18:06	101	9:14:06