



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Cao, Jin**

Club: Norges Bank Running Association  
Number: 397

Course: 161.90 km  
100MeilenBerlin

Category:  
Senioren M40 (40-44 Jahre)

Total time: 22:42:12

Speed: 7.09 km/h  
Running performance: 8:25 min/km

Rank in course/Total: 129 (of 397)

Rank in course/Men: 114 (of 313)

Best time in course: 13:17:41

Rank in category: 15(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	55:24	6:26	14	11:16	85	11:16	8.60	55:24	6:26	14	11:16	85	11:16
VP2 - East Side G	4.80	28:56	6:01	17	7:44	109	7:53	13.40	1:24:20	6:17	14	19:00	82	19:06
VP3 - Dammweg	5.80	37:32	6:28	14	7:43	92	8:20	19.20	2:01:52	6:20	14	26:43	88	27:01
VP4 - Johannisth	5.70	36:17	6:21	15	10:01	112	11:45	24.90	2:38:09	6:21	15	36:44	91	38:27
VP5 - Imbiß "Am	9.50	1:01:18	6:27	12	17:07	92	19:46	34.40	3:39:27	6:22	13	53:51	83	58:10
VP6 - Buckow	4.50	30:58	6:52	14	9:21	88	10:22	38.90	4:10:25	6:26	12	1:03:12	83	1:08:32
Control	7.60	52:09	6:51	19	15:30	112	18:07	46.50	5:02:34	6:30	13	1:18:42	84	1:26:39
VP8 - Osdorfer St	6.30	1:08:51	10:55	38	38:38	308	41:25	52.80	6:11:25	7:02	25	1:57:20	159	2:08:04
VP9 - Sportplatz	6.50	40:12	6:11	5	8:00	25	18:45	59.30	6:51:37	6:56	17	2:05:20	111	2:16:46
VP10 - Königswe	6.20	1:10:48	11:25	36	38:18	295	41:23	65.50	8:02:25	7:21	24	2:43:38	161	2:58:09
VP11 - Gedenkst	6.80	55:23	8:08	21	20:17	150	31:04	72.30	8:57:48	7:26	24	3:03:55	157	3:19:26
VP12 - Brauhaus	6.90	1:01:04	8:51	28	22:30	192	27:57	79.20	9:58:52	7:33	24	3:26:25	159	3:47:23
VP13 - Revierförs	5.70	53:01	9:18	29	20:35	214	22:58	84.90	10:51:53	7:40	24	3:47:00	165	4:10:21
VP14 - Schloss S	6.30	1:05:54	10:27	21	32:18	165	34:27	91.20	11:57:47	7:52	24	4:19:18	159	4:44:48
VP15 - Pagel & Fi	7.60	1:05:34	8:37	23	24:15	172	27:52	98.80	13:03:21	7:55	23	4:43:33	158	5:12:40
VP16 - Karolinenl	4.90	58:20	11:54	30	27:27	229	32:45	103.70	14:01:41	8:06	23	5:11:00	175	5:45:25
VP17 - Falkensee	6.50	55:05	8:28	12	17:53	105	22:34	110.20	14:56:46	8:08	23	5:28:53	168	6:07:59
VP18 - Schönwal	5.80	47:16	8:08	12	15:01	73	18:11	116.00	15:44:02	8:08	21	5:42:58	156	6:26:10
VP19 - Grenzturn	7.30	1:08:56	9:26	18	21:55	126	40:50	123.30	16:52:58	8:12	20	6:01:34	151	6:56:19
VP20 - Rudercluk	4.80	43:58	9:09	14	14:58	98	19:38	128.10	17:36:56	8:15	20	6:16:32	144	7:15:57
VP21 - Frohnau	4.10	33:54	8:16	4	6:20	17	11:15	132.20	18:10:50	8:15	19	6:17:03	127	7:27:12
VP22 - Naturschu	6.40	51:21	8:01	5	15:24	50	18:09	138.60	19:02:11	8:14	17	6:32:03	116	7:45:21
VP23 - Oranienbu	4.50	48:59	10:53	25	20:19	159	24:02	143.10	19:51:10	8:19	19	6:52:22	120	8:09:23
VP24 - Laufftreff l	5.30	52:53	9:58	16	21:42	125	24:39	148.40	20:44:03	8:22	18	7:09:58	116	8:34:02
VP25 - Wilhelmsr	5.70	56:28	9:54	17	20:34	128	26:27	154.10	21:40:31	8:26	17	7:28:21	118	9:00:29
VP26 - Wollankst	3.10	30:09	9:43	12	11:26	92	13:02	157.20	22:10:40	8:27	15	7:22:51	114	9:13:31
Friedrich-Ludwig	4.20	31:32	7:30	8	7:49	75	11:46	161.90	22:42:12	8:24	15	7:28:31	115	9:24:31