



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Laenger, Uwe**

Club: 1.FC UNION BERLIN

Number: 418

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 14:30:53

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 2 (of 397)

Rank in course/Men: 2 (of 313)

Best time in course: 13:17:41

Rank in category: 1(of 75)

Best time in the category: 14:30:53

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