



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Dehling, Sascha

Club: LG Mauerweg Berlin e.V.

Number: 1

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 15:13:41

Speed: 10.57 km/h

Running performance: 5:38 min/km

Rank in course/Total: 4 (of 397)

Rank in course/Men: 4 (of 313)

Best time in course: 13:17:41

Rank in category: 1(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	44:08	5:07	1	-	1	-	8.60	44:08	5:07	1	-	1	-
VP2 - East Side G	4.80	21:12	4:25	1	-	6	0:09	13.40	1:05:20	4:52	1	-	4	0:06
VP3 - Dammweg	5.80	29:49	5:08	1	-	6	0:37	19.20	1:35:09	4:57	1	-	5	0:18
VP4 - Johannisth	5.70	26:16	4:36	1	-	4	1:44	24.90	2:01:25	4:52	1	-	4	1:43
VP5 - Imbiß "Am	9.50	44:11	4:39	1	-	3	2:39	34.40	2:45:36	4:48	1	-	3	4:19
VP6 - Buckow	4.50	21:37	4:48	1	-	3	1:01	38.90	3:07:13	4:48	1	-	3	5:20
Control	7.60	36:39	4:49	1	-	3	2:37	46.50	3:43:52	4:48	1	-	4	7:57
VP8 - Osdorfer St	6.30	30:13	4:47	1	-	2	2:47	52.80	4:14:05	4:48	1	-	3	10:44
VP9 - Sportplatz	6.50	32:12	4:57	1	-	8	10:45	59.30	4:46:17	4:49	1	-	4	11:26
VP10 - Königswe	6.20	32:30	5:14	1	-	3	3:05	65.50	5:18:47	4:52	1	-	3	14:31
VP11 - Gedenkst	6.80	35:06	5:09	1	-	5	10:47	72.30	5:53:53	4:53	1	-	3	15:31
VP12 - Brauhaus	6.90	38:34	5:35	1	-	8	5:27	79.20	6:32:27	4:57	1	-	4	20:58
VP13 - Revierförs	5.70	32:26	5:41	1	-	7	2:23	84.90	7:04:53	5:00	1	-	4	23:21
VP14 - Schloss S	6.30	33:36	5:20	1	-	3	2:09	91.20	7:38:29	5:01	1	-	4	25:30
VP15 - Pagel & Fi	7.60	41:19	5:26	1	-	3	3:37	98.80	8:19:48	5:03	1	-	4	29:07
VP16 - Karolinenl	4.90	30:53	6:18	1	-	7	5:18	103.70	8:50:41	5:07	1	-	4	34:25
VP17 - Falkensee	6.50	37:12	5:43	1	-	2	4:41	110.20	9:27:53	5:09	1	-	4	39:06
VP18 - Schönwal	5.80	33:11	5:43	2	0:56	5	4:06	116.00	10:01:04	5:10	1	-	4	43:12
VP19 - Grenzturn	7.30	50:20	6:53	3	3:19	17	22:14	123.30	10:51:24	5:16	1	-	4	54:45
VP20 - Rudercluk	4.80	29:00	6:02	1	-	6	4:40	128.10	11:20:24	5:18	1	-	4	59:25
VP21 - Frohnau	4.10	33:23	8:08	3	5:49	14	10:44	132.20	11:53:47	5:23	1	-	4	1:10:09
VP22 - Naturschu	6.40	36:21	5:40	2	0:24	3	3:09	138.60	12:30:08	5:24	1	-	4	1:13:18
VP23 - Oranienbu	4.50	28:40	6:22	1	-	4	3:43	143.10	12:58:48	5:26	1	-	4	1:17:01
VP24 - Laufftreff l	5.30	35:17	6:39	2	4:06	11	7:03	148.40	13:34:05	5:29	1	-	4	1:24:04
VP25 - Wilhelmsr	5.70	38:05	6:40	2	2:11	11	8:04	154.10	14:12:10	5:31	1	-	4	1:32:08
VP26 - Wollankst	3.10	35:39	11:30	23	16:56	186	18:32	157.20	14:47:49	5:38	1	-	5	1:50:40
Friedrich-Ludwig	4.20	25:52	6:09	4	2:09	18	6:06	161.90	15:13:41	5:38	1	-	5	1:56:00