



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Asphjell, Jon

Club: Oslo

Number: 268

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 23:10:58

Speed: 6.94 km/h

Running performance: 8:35 min/km

Rank in course/Total: 161 (of 397)

Rank in course/Men: 139 (of 313)

Best time in course: 13:17:41

Rank in category: 19(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	1:06:02	7:40	30	21:54	238	21:54	8.60	1:06:02	7:40	30	21:54	238	21:54
VP2 - East Side G	4.80	32:11	6:42	29	10:59	218	11:08	13.40	1:38:13	7:19	29	32:53	221	32:59
VP3 - Dammweg	5.80	45:30	7:50	33	15:41	260	16:18	19.20	2:23:43	7:29	33	48:34	239	48:52
VP4 - Johannisth	5.70	40:39	7:07	27	14:23	213	16:07	24.90	3:04:22	7:24	31	1:02:57	235	1:04:40
VP5 - Imbiß "Am	9.50	1:11:07	7:29	28	26:56	225	29:35	34.40	4:15:29	7:25	31	1:29:53	231	1:34:12
VP6 - Buckow	4.50	36:22	8:04	30	14:45	214	15:46	38.90	4:51:51	7:30	31	1:44:38	230	1:49:58
Control	7.60	57:35	7:34	26	20:56	196	23:33	46.50	5:49:26	7:30	29	2:05:34	222	2:13:31
VP8 - Osdorfer St	6.30	48:43	7:43	23	18:30	187	21:17	52.80	6:38:09	7:32	29	2:24:04	218	2:34:48
VP9 - Sportplatz	6.50	1:12:29	11:09	34	40:17	264	51:02	59.30	7:50:38	7:56	30	3:04:21	230	3:15:47
VP10 - Königswe	6.20	47:48	7:42	20	15:18	139	18:23	65.50	8:38:26	7:54	30	3:19:39	224	3:34:10
VP11 - Gedenkst	6.80	52:59	7:47	17	17:53	107	28:40	72.30	9:31:25	7:54	29	3:37:32	212	3:53:03
VP12 - Brauhaus	6.90	59:44	8:39	25	21:10	183	26:37	79.20	10:31:09	7:58	28	3:58:42	209	4:19:40
VP13 - Revierförs	5.70	46:28	8:09	17	14:02	110	16:25	84.90	11:17:37	7:58	29	4:12:44	204	4:36:05
VP14 - Schloss S	6.30	1:12:47	11:33	29	39:11	197	41:20	91.20	12:30:24	8:13	28	4:51:55	203	5:17:25
VP15 - Pagel & Fi	7.60	53:21	7:01	8	12:02	43	15:39	98.80	13:23:45	8:08	27	5:03:57	195	5:33:04
VP16 - Karolinenl	4.90	50:57	10:23	26	20:04	193	25:22	103.70	14:14:42	8:14	26	5:24:01	192	5:58:26
VP17 - Falkensee	6.50	57:44	8:52	21	20:32	145	25:13	110.20	15:12:26	8:16	26	5:44:33	188	6:23:39
VP18 - Schönwal	5.80	56:51	9:48	24	24:36	168	27:46	116.00	16:09:17	8:21	25	6:08:13	186	6:51:25
VP19 - Grenzturn	7.30	1:16:22	10:27	23	29:21	177	48:16	123.30	17:25:39	8:28	26	6:34:15	187	7:29:00
VP20 - Rudercluk	4.80	37:52	7:53	6	8:52	38	13:32	128.10	18:03:31	8:27	25	6:43:07	177	7:42:32
VP21 - Frohnau	4.10	58:53	14:21	27	31:19	210	36:14	132.20	19:02:24	8:38	25	7:08:37	183	8:18:46
VP22 - Naturschu	6.40	54:17	8:28	9	18:20	74	21:05	138.60	19:56:41	8:38	24	7:26:33	173	8:39:51
VP23 - Oranienbu	4.50	42:42	9:29	9	14:02	79	17:45	143.10	20:39:23	8:39	24	7:40:35	169	8:57:36
VP24 - Laufftreff l	5.30	43:47	8:15	4	12:36	39	15:33	148.40	21:23:10	8:38	24	7:49:05	160	9:13:09
VP25 - Wilhelmsr	5.70	46:46	8:12	5	10:52	46	16:45	154.10	22:09:56	8:37	22	7:57:46	151	9:29:54
VP26 - Wollankst	3.10	28:42	9:15	9	9:59	75	11:35	157.20	22:38:38	8:38	20	7:50:49	146	9:41:29
Friedrich-Ludwig	4.20	32:20	7:41	15	8:37	96	12:34	161.90	23:10:58	8:35	19	7:57:17	140	9:53:17