



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Uhrich, Ingmar

Club: Lauf Team Unna

Number: 320

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 23:19:11

Speed: 6.90 km/h

Running performance: 8:38 min/km

Rank in course/Total: 172 (of 397)

Rank in course/Men: 150 (of 313)

Best time in course: 13:17:41

Rank in category: 21(of 50)

Best time in the category: 18:35:32

| 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 | 59:22 | 6:54 | 20 | 9:59 | 148 | 15:14 | 8.60 | 59:22 | 6:54 | 20 | 9:59 | 148 | 15:14 |
| VP2 - East Side G | 4.80 | 30:47 | 6:24 | 27 | 6:01 | 172 | 9:44 | 13.40 | 1:30:09 | 6:43 | 20 | 16:00 | 154 | 24:55 |
| VP3 - Dammweg | 5.80 | 39:29 | 6:48 | 20 | 4:56 | 135 | 10:17 | 19.20 | 2:09:38 | 6:45 | 17 | 20:56 | 143 | 34:47 |
| VP4 - Johannisth | 5.70 | 36:31 | 6:24 | 18 | 4:49 | 118 | 11:59 | 24.90 | 2:46:09 | 6:40 | 17 | 25:34 | 133 | 46:27 |
| VP5 - Imbiß "Am | 9.50 | 1:08:21 | 7:11 | 27 | 13:40 | 187 | 26:49 | 34.40 | 3:54:30 | 6:49 | 21 | 39:14 | 155 | 1:13:13 |
| VP6 - Buckow | 4.50 | 33:53 | 7:31 | 23 | 7:19 | 164 | 13:17 | 38.90 | 4:28:23 | 6:53 | 21 | 46:33 | 155 | 1:26:30 |
| Control | 7.60 | 53:05 | 6:59 | 17 | 8:18 | 125 | 19:03 | 46.50 | 5:21:28 | 6:54 | 22 | 54:51 | 150 | 1:45:33 |
| VP8 - Osdorfer St | 6.30 | 47:41 | 7:34 | 27 | 10:54 | 168 | 20:15 | 52.80 | 6:09:09 | 6:59 | 21 | 1:04:48 | 150 | 2:05:48 |
| VP9 - Sportplatz | 6.50 | 1:00:29 | 9:18 | 31 | 22:43 | 191 | 39:02 | 59.30 | 7:09:38 | 7:14 | 24 | 1:21:34 | 157 | 2:34:47 |
| VP10 - Königswe | 6.20 | 49:44 | 8:01 | 24 | 9:32 | 165 | 20:19 | 65.50 | 7:59:22 | 7:19 | 24 | 1:27:41 | 157 | 2:55:06 |
| VP11 - Gedenkst | 6.80 | 58:47 | 8:38 | 31 | 34:28 | 202 | 34:28 | 72.30 | 8:58:09 | 7:26 | 24 | 1:37:10 | 160 | 3:19:47 |
| VP12 - Brauhaus | 6.90 | 1:01:08 | 8:51 | 25 | 15:30 | 195 | 28:01 | 79.20 | 9:59:17 | 7:34 | 23 | 1:46:19 | 163 | 3:47:48 |
| VP13 - Revierförs | 5.70 | 49:56 | 8:45 | 22 | 9:17 | 162 | 19:53 | 84.90 | 10:49:13 | 7:38 | 23 | 1:52:56 | 158 | 4:07:41 |
| VP14 - Schloss S | 6.30 | 1:19:29 | 12:36 | 34 | 34:11 | 235 | 48:02 | 91.20 | 12:08:42 | 7:59 | 26 | 2:27:07 | 175 | 4:55:43 |
| VP15 - Pagel & Fi | 7.60 | 1:00:04 | 7:54 | 16 | 9:42 | 100 | 22:22 | 98.80 | 13:08:46 | 7:59 | 25 | 2:32:57 | 169 | 5:18:05 |
| VP16 - Karolinenl | 4.90 | 44:34 | 9:05 | 18 | 6:36 | 108 | 18:59 | 103.70 | 13:53:20 | 8:02 | 23 | 2:32:41 | 155 | 5:37:04 |
| VP17 - Falkensee | 6.50 | 55:12 | 8:29 | 15 | 9:03 | 108 | 22:41 | 110.20 | 14:48:32 | 8:03 | 23 | 2:35:05 | 153 | 5:59:45 |
| VP18 - Schönwal | 5.80 | 1:01:27 | 10:35 | 30 | 21:54 | 209 | 32:22 | 116.00 | 15:49:59 | 8:11 | 25 | 2:55:13 | 164 | 6:32:07 |
| VP19 - Grenzturn | 7.30 | 1:08:49 | 9:25 | 15 | 37:26 | 122 | 40:43 | 123.30 | 16:58:48 | 8:15 | 26 | 3:12:12 | 161 | 7:02:09 |
| VP20 - Rudercluk | 4.80 | 45:29 | 9:28 | 14 | 10:54 | 116 | 21:09 | 128.10 | 17:44:17 | 8:18 | 24 | 3:23:06 | 153 | 7:23:18 |
| VP21 - Frohnau | 4.10 | 51:15 | 12:30 | 29 | 17:33 | 161 | 28:36 | 132.20 | 18:35:32 | 8:26 | 24 | 3:40:39 | 149 | 7:51:54 |
| VP22 - Naturschu | 6.40 | 56:20 | 8:48 | 11 | 8:17 | 97 | 23:08 | 138.60 | 19:31:52 | 8:27 | 23 | 3:48:56 | 150 | 8:15:02 |
| VP23 - Oranienbu | 4.50 | 47:11 | 10:29 | 18 | 13:07 | 133 | 22:14 | 143.10 | 20:19:03 | 8:31 | 23 | 4:02:03 | 153 | 8:37:16 |
| VP24 - Laufftreff l | 5.30 | 54:59 | 10:22 | 21 | 15:33 | 150 | 26:45 | 148.40 | 21:14:02 | 8:35 | 23 | 4:16:44 | 153 | 9:04:01 |
| VP25 - Wilhelmsr | 5.70 | 57:11 | 10:01 | 19 | 14:32 | 134 | 27:10 | 154.10 | 22:11:13 | 8:38 | 23 | 4:31:16 | 154 | 9:31:11 |
| VP26 - Wollankst | 3.10 | 35:18 | 11:23 | 26 | 10:20 | 180 | 18:11 | 157.20 | 22:46:31 | 8:41 | 23 | 4:41:36 | 155 | 9:49:22 |
| Friedrich-Ludwig | 4.20 | 32:40 | 7:46 | 10 | 5:43 | 104 | 12:54 | 161.90 | 23:19:11 | 8:38 | 21 | 4:43:39 | 151 | 10:01:30 |