



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Vahlhaus, Richard**

Club: LT Haspa Marathon Hamburg

Number: 183

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 23:22:45

Speed: 6.92 km/h

Running performance: 8:40 min/km

Rank in course/Total: 177 (of 397)

Rank in course/Men: 155 (of 313)

Best time in course: 13:17:41

Rank in category: 17(of 29)

Best time in the category: 17:26:34

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	58:51	6:50	18	10:43	138	14:43	8.60	58:51	6:50	18	10:43	138	14:43
VP2 - East Side C	4.80	30:04	6:15	16	5:25	147	9:01	13.40	1:28:55	6:38	18	16:08	130	23:41
VP3 - Dammweg	5.80	38:18	6:36	11	5:13	102	9:06	19.20	2:07:13	6:37	14	21:17	115	32:22
VP4 - Johannisth	5.70	34:37	6:04	10	4:12	69	10:05	24.90	2:41:50	6:29	12	25:29	107	42:08
VP5 - Imbiß "Am	9.50	1:05:19	6:52	19	12:48	151	23:47	34.40	3:47:09	6:36	12	38:11	114	1:05:52
VP6 - Buckow	4.50	30:34	6:47	8	4:42	76	9:58	38.90	4:17:43	6:37	12	42:53	110	1:15:50
Control	7.60	48:37	6:23	9	4:34	66	14:35	46.50	5:06:20	6:35	12	47:20	96	1:30:25
VP8 - Osdorfer St	6.30	42:30	6:44	11	5:17	86	15:04	52.80	5:48:50	6:36	11	52:23	88	1:45:29
VP9 - Sportplatz	6.50	1:35:16	14:39	29	1:13:40	304	1:13:49	59.30	7:24:06	7:29	20	1:42:22	187	2:49:15
VP10 - Königswe	6.20	44:32	7:10	9	7:11	84	15:07	65.50	8:08:38	7:27	20	1:44:14	177	3:04:22
VP11 - Gedenkst	6.80	45:54	6:45	4	4:50	40	21:35	72.30	8:54:32	7:23	16	1:43:59	146	3:16:10
VP12 - Brauhaus	6.90	47:53	6:56	6	6:01	48	14:46	79.20	9:42:25	7:21	15	1:45:50	132	3:30:56
VP13 - Revierförs	5.70	54:47	9:36	22	17:28	223	24:44	84.90	10:37:12	7:30	15	2:02:49	139	3:55:40
VP14 - Schloss S	6.30	1:45:04	16:40	26	1:05:52	285	1:13:37	91.20	12:22:16	8:08	21	3:08:41	198	5:09:17
VP15 - Pagel & Fi	7.60	52:59	6:58	5	4:26	39	15:17	98.80	13:15:15	8:02	20	3:10:15	183	5:24:34
VP16 - Karolinenl	4.90	45:57	9:22	14	9:40	131	20:22	103.70	14:01:12	8:06	19	3:19:55	174	5:44:56
VP17 - Falkensee	6.50	1:16:47	11:48	21	32:02	243	44:16	110.20	15:17:59	8:19	20	3:51:57	191	6:29:12
VP18 - Schönwal	5.80	48:55	8:26	10	9:36	85	19:50	116.00	16:06:54	8:20	19	3:59:25	184	6:49:02
VP19 - Grenzturn	7.30	1:19:58	10:57	17	33:24	194	51:52	123.30	17:26:52	8:29	19	4:32:49	190	7:30:13
VP20 - Rudercluk	4.80	40:09	8:21	7	9:19	53	15:49	128.10	18:07:01	8:29	19	4:42:08	181	7:46:02
VP21 - Frohnau	4.10	1:00:49	14:50	20	33:18	218	38:10	132.20	19:07:50	8:40	19	5:15:26	190	8:24:12
VP22 - Naturschu	6.40	42:25	6:37	2	0:33	12	9:13	138.60	19:50:15	8:35	18	5:15:59	169	8:33:25
VP23 - Oranienbu	4.50	49:28	10:59	16	16:43	167	24:31	143.10	20:39:43	8:39	19	5:32:33	170	8:57:56
VP24 - Laufftreff l	5.30	44:14	8:20	5	7:09	40	16:00	148.40	21:23:57	8:39	17	5:39:42	162	9:13:56
VP25 - Wilhelmsr	5.70	49:56	8:45	7	11:48	66	19:55	154.10	22:13:53	8:39	17	5:49:33	160	9:33:51
VP26 - Wollankst	3.10	37:30	12:05	19	17:23	211	20:23	157.20	22:51:23	8:43	17	5:48:55	162	9:54:14
Friedrich-Ludwig	4.20	31:22	7:28	8	7:54	71	11:36	161.90	23:22:45	8:39	17	5:56:11	156	10:05:04