



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Montesi, Paolo

Club: Atletica 75 Cattolica

Number: 186

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:25:00

Speed: 6.88 km/h

Running performance: 8:41 min/km

Rank in course/Total: 180 (of 397)

Rank in course/Men: 158 (of 313)

Best time in course: 13:17:41

Rank in category: 33(of 70)

Best time in the category: 16:22:32

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	58:12	6:46	31	13:58	115	14:04	8.60	58:12	6:46	31	13:58	115	14:04
VP2 - East Side G	4.80	30:54	6:26	43	9:49	181	9:51	13.40	1:29:06	6:38	32	23:47	133	23:52
VP3 - Dammweg	5.80	41:26	7:08	44	11:38	183	12:14	19.20	2:10:32	6:47	39	35:25	156	35:41
VP4 - Johannisth	5.70	40:32	7:06	54	13:50	211	16:00	24.90	2:51:04	6:52	42	49:15	170	51:22
VP5 - Imbiß "Am	9.50	1:08:25	7:12	45	21:03	189	26:53	34.40	3:59:29	6:57	41	1:10:18	173	1:18:12
VP6 - Buckow	4.50	42:19	9:24	66	19:04	283	21:43	38.90	4:41:48	7:14	48	1:29:22	199	1:39:55
Control	7.60	1:02:10	8:10	61	21:28	244	28:08	46.50	5:43:58	7:23	51	1:50:47	209	2:08:03
VP8 - Osdorfer St	6.30	48:27	7:41	43	14:48	182	21:01	52.80	6:32:25	7:25	50	2:05:35	203	2:29:04
VP9 - Sportplatz	6.50	1:02:09	9:33	48	27:35	205	40:42	59.30	7:34:34	7:39	46	2:33:10	198	2:59:43
VP10 - Königswe	6.20	51:52	8:21	49	15:49	202	22:27	65.50	8:26:26	7:43	50	2:48:59	206	3:22:10
VP11 - Gedenkst	6.80	52:45	7:45	23	12:32	105	28:26	72.30	9:19:11	7:44	47	3:00:37	193	3:40:49
VP12 - Brauhaus	6.90	57:07	8:16	35	15:47	149	24:00	79.20	10:16:18	7:46	49	3:12:06	195	4:04:49
VP13 - Revierförs	5.70	45:12	7:55	26	10:33	99	15:09	84.90	11:01:30	7:47	44	2:44:55	186	4:19:58
VP14 - Schloss S	6.30	57:52	9:11	26	20:17	114	26:25	91.20	11:59:22	7:53	37	2:59:39	161	4:46:23
VP15 - Pagel & Fi	7.60	1:04:48	8:31	39	18:01	164	27:06	98.80	13:04:10	7:56	38	3:15:33	159	5:13:29
VP16 - Karolinenl	4.90	47:24	9:40	34	15:22	149	21:49	103.70	13:51:34	8:01	38	3:30:55	152	5:35:18
VP17 - Falkensee	6.50	58:03	8:55	34	15:44	150	25:32	110.20	14:49:37	8:04	38	3:46:39	154	6:00:50
VP18 - Schönwal	5.80	50:14	8:39	25	14:19	102	21:09	116.00	15:39:51	8:06	37	4:00:58	153	6:21:59
VP19 - Grenzturn	7.30	1:04:54	8:53	21	18:32	83	36:48	123.30	16:44:45	8:08	33	4:19:30	140	6:48:06
VP20 - Rudercluk	4.80	44:32	9:16	24	15:11	107	20:12	128.10	17:29:17	8:11	32	4:34:41	132	7:08:18
VP21 - Frohnau	4.10	50:40	12:21	37	24:53	157	28:01	132.20	18:19:57	8:19	32	4:59:34	134	7:36:19
VP22 - Naturschu	6.40	1:05:35	10:14	43	25:10	186	32:23	138.60	19:25:32	8:24	33	5:24:44	144	8:08:42
VP23 - Oranienbu	4.50	48:51	10:51	33	20:33	156	23:54	143.10	20:14:23	8:29	33	5:45:17	145	8:32:36
VP24 - Laufftreff l	5.30	46:38	8:47	15	14:11	55	18:24	148.40	21:01:01	8:29	32	5:59:28	137	8:51:00
VP25 - Wilhelmsr	5.70	1:05:44	11:31	46	29:57	209	35:43	154.10	22:06:45	8:36	32	6:29:25	147	9:26:43
VP26 - Wollankst	3.10	37:15	12:00	48	16:51	207	20:08	157.20	22:44:00	8:40	32	6:46:16	151	9:46:51
Friedrich-Ludwig	4.20	41:00	9:45	40	16:21	192	21:14	161.90	23:25:00	8:40	33	7:02:28	159	10:07:19