



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstädt

Number: 3

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 16:22:32

Speed: 9.83 km/h

Running performance: 6:04 min/km

Rank in course/Total: 8 (of 397)

Rank in course/Men: 7 (of 313)

Best time in course: 13:17:41

Rank in category: 1(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	48:13	5:36	4	3:59	15	4:05	8.60	48:13	5:36	4	3:59	15	4:05
VP2 - East Side G	4.80	25:05	5:13	4	4:00	22	4:02	13.40	1:13:18	5:28	5	7:59	18	8:04
VP3 - Dammweg	5.80	32:47	5:39	5	2:59	19	3:35	19.20	1:46:05	5:31	4	10:58	19	11:14
VP4 - Johannisth	5.70	31:02	5:26	5	4:20	25	6:30	24.90	2:17:07	5:30	4	15:18	19	17:25
VP5 - Imbiß "Am	9.50	53:13	5:36	5	5:51	25	11:41	34.40	3:10:20	5:31	5	21:09	21	29:03
VP6 - Buckow	4.50	26:13	5:49	5	2:58	21	5:37	38.90	3:36:33	5:34	4	24:07	20	34:40
Control	7.60	43:06	5:40	4	2:24	18	9:04	46.50	4:19:39	5:35	4	26:28	20	43:44
VP8 - Osdorfer St	6.30	38:11	6:03	8	4:32	37	10:45	52.80	4:57:50	5:38	5	31:00	21	54:29
VP9 - Sportplatz	6.50	41:42	6:24	6	7:08	31	20:15	59.30	5:39:32	5:43	6	38:08	20	1:04:41
VP10 - Königswe	6.20	40:35	6:32	12	4:32	38	11:10	65.50	6:20:07	5:48	6	42:40	20	1:15:51
VP11 - Gedenkst	6.80	46:32	6:50	9	6:19	43	22:13	72.30	7:06:39	5:54	6	48:05	19	1:28:17
VP12 - Brauhaus	6.90	42:57	6:13	2	1:37	18	9:50	79.20	7:49:36	5:55	6	45:24	19	1:38:07
VP13 - Revierförs	5.70	34:39	6:04	1	-	10	4:36	84.90	8:24:15	5:56	4	7:40	16	1:42:43
VP14 - Schloss S	6.30	37:35	5:57	1	-	8	6:08	91.20	9:01:50	5:56	3	2:07	13	1:48:51
VP15 - Pagel & Fi	7.60	46:47	6:09	1	-	12	9:05	98.80	9:48:37	5:57	1	-	11	1:57:56
VP16 - Karolinenl	4.90	32:02	6:32	1	-	13	6:27	103.70	10:20:39	5:59	1	-	11	2:04:23
VP17 - Falkensee	6.50	42:19	6:30	1	-	12	9:48	110.20	11:02:58	6:00	1	-	11	2:14:11
VP18 - Schönwal	5.80	35:55	6:11	1	-	9	6:50	116.00	11:38:53	6:01	1	-	10	2:21:01
VP19 - Grenzturn	7.30	46:22	6:21	1	-	10	18:16	123.30	12:25:15	6:02	1	-	9	2:28:36
VP20 - Rudercluk	4.80	29:21	6:06	1	-	7	5:01	128.10	12:54:36	6:02	1	-	9	2:33:37
VP21 - Frohnau	4.10	25:47	6:17	1	-	5	3:08	132.20	13:20:23	6:03	1	-	8	2:36:45
VP22 - Naturschu	6.40	40:25	6:18	1	-	8	7:13	138.60	14:00:48	6:03	1	-	8	2:43:58
VP23 - Oranienbu	4.50	28:18	6:17	1	-	3	3:21	143.10	14:29:06	6:04	1	-	8	2:47:19
VP24 - Lauftreff l	5.30	32:27	6:07	1	-	6	4:13	148.40	15:01:33	6:04	1	-	8	2:51:32
VP25 - Wilhelmsr	5.70	35:47	6:16	1	-	8	5:46	154.10	15:37:20	6:04	1	-	8	2:57:18
VP26 - Wollankst	3.10	20:24	6:34	1	-	8	3:17	157.20	15:57:44	6:05	1	-	8	3:00:35
Friedrich-Ludwig	4.20	24:48	5:54	2	0:09	15	5:02	161.90	16:22:32	6:04	1	-	8	3:04:51