



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Ewen, Frank

Club: Delbrück läuft

Number: 257

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 16:22:32

Speed: 9.83 km/h

Running performance: 6:04 min/km

Rank in course/Total: 9 (of 397)

Rank in course/Men: 7 (of 313)

Best time in course: 13:17:41

Rank in category: 2(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	57:35	6:41	15	13:27	92	13:27	8.60	57:35	6:41	15	13:27	92	13:27
VP2 - East Side G	4.80	27:42	5:46	12	6:30	76	6:39	13.40	1:25:17	6:21	15	19:57	91	20:03
VP3 - Dammweg	5.80	36:16	6:15	9	6:27	64	7:04	19.20	2:01:33	6:19	13	26:24	83	26:42
VP4 - Johannisth	5.70	31:57	5:36	5	5:41	36	7:25	24.90	2:33:30	6:09	10	32:05	67	33:48
VP5 - Imbiß "Am	9.50	53:48	5:39	5	9:37	29	12:16	34.40	3:27:18	6:01	7	41:42	49	46:01
VP6 - Buckow	4.50	27:38	6:08	5	6:01	39	7:02	38.90	3:54:56	6:02	7	47:43	48	53:03
Control	7.60	43:24	5:42	4	6:45	22	9:22	46.50	4:38:20	5:59	5	54:28	43	1:02:25
VP8 - Osdorfer St	6.30	36:28	5:47	3	6:15	17	9:02	52.80	5:14:48	5:57	5	1:00:43	36	1:11:27
VP9 - Sportplatz	6.50	38:12	5:52	3	6:00	15	16:45	59.30	5:53:00	5:57	5	1:06:43	30	1:18:09
VP10 - Königswe	6.20	36:41	5:54	2	4:11	12	7:16	65.50	6:29:41	5:56	5	1:10:54	26	1:25:25
VP11 - Gedenkst	6.80	38:39	5:41	2	3:33	10	14:20	72.30	7:08:20	5:55	4	1:14:27	20	1:29:58
VP12 - Brauhaus	6.90	42:37	6:10	3	4:03	17	9:30	79.20	7:50:57	5:56	4	1:18:30	20	1:39:28
VP13 - Revierförs	5.70	34:43	6:05	2	2:17	11	4:40	84.90	8:25:40	5:57	4	1:20:47	19	1:44:08
VP14 - Schloss S	6.30	40:37	6:26	2	7:01	12	9:10	91.20	9:06:17	5:59	4	1:27:48	17	1:53:18
VP15 - Pagel & Fi	7.60	46:19	6:05	2	5:00	10	8:37	98.80	9:52:36	5:59	2	1:32:48	13	2:01:55
VP16 - Karolinenl	4.90	31:58	6:31	3	1:05	11	6:23	103.70	10:24:34	6:01	3	1:33:53	13	2:08:18
VP17 - Falkensee	6.50	40:06	6:10	2	2:54	8	7:35	110.20	11:04:40	6:01	2	1:36:47	12	2:15:53
VP18 - Schönwal	5.80	35:58	6:12	3	3:43	10	6:53	116.00	11:40:38	6:02	2	1:39:34	11	2:22:46
VP19 - Grenzturn	7.30	47:01	6:26	1	-	12	18:55	123.30	12:27:39	6:03	2	1:36:15	11	2:31:00
VP20 - Rudercluk	4.80	31:29	6:33	2	2:29	10	7:09	128.10	12:59:08	6:04	2	1:38:44	10	2:38:09
VP21 - Frohnau	4.10	27:34	6:43	1	-	8	4:55	132.20	13:26:42	6:06	2	1:32:55	10	2:43:04
VP22 - Naturschu	6.40	35:57	5:37	1	-	2	2:45	138.60	14:02:39	6:04	2	1:32:31	9	2:45:49
VP23 - Oranienbu	4.50	30:22	6:44	2	1:42	8	5:25	143.10	14:33:01	6:06	2	1:34:13	9	2:51:14
VP24 - Lauftreff l	5.30	31:11	5:53	1	-	3	2:57	148.40	15:04:12	6:05	2	1:30:07	9	2:54:11
VP25 - Wilhelmsr	5.70	35:54	6:17	1	-	9	5:53	154.10	15:40:06	6:06	2	1:27:56	9	3:00:04
VP26 - Wollankst	3.10	18:43	6:02	1	-	4	1:36	157.20	15:58:49	6:05	2	1:11:00	9	3:01:40
Friedrich-Ludwig	4.20	23:43	5:38	1	-	8	3:57	161.90	16:22:32	6:04	2	1:08:51	8	3:04:51