



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Delu, Adam

Club: Team Altra

Number: 347

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:45:00

Speed: 6.78 km/h

Running performance: 8:48 min/km

Rank in course/Total: 204 (of 397)

Rank in course/Men: 178 (of 313)

Best time in course: 13:17:41

Rank in category: 39(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	1:04:47	7:31	53	20:33	213	20:39	8.60	1:04:47	7:31	53	20:33	213	20:39
VP2 - East Side G	4.80	29:49	6:12	33	8:44	127	8:46	13.40	1:34:36	7:03	47	29:17	198	29:22
VP3 - Dammweg	5.80	40:38	7:00	37	10:50	162	11:26	19.20	2:15:14	7:02	46	40:07	190	40:23
VP4 - Johannisth	5.70	39:22	6:54	46	12:40	187	14:50	24.90	2:54:36	7:00	45	52:47	184	54:54
VP5 - Imbiß "Am	9.50	1:07:44	7:07	42	20:22	177	26:12	34.40	4:02:20	7:02	45	1:13:09	187	1:21:03
VP6 - Buckow	4.50	36:04	8:00	46	12:49	205	15:28	38.90	4:38:24	7:09	43	1:25:58	189	1:36:31
Control	7.60	57:20	7:32	42	16:38	187	23:18	46.50	5:35:44	7:13	44	1:42:33	188	1:59:49
VP8 - Osdorfer St	6.30	46:38	7:24	31	12:59	152	19:12	52.80	6:22:22	7:14	45	1:55:32	182	2:19:01
VP9 - Sportplatz	6.50	53:05	8:10	26	18:31	122	31:38	59.30	7:15:27	7:20	40	2:14:03	175	2:40:36
VP10 - Königswe	6.20	51:20	8:16	48	15:17	193	21:55	65.50	8:06:47	7:25	43	2:29:20	175	3:02:31
VP11 - Gedenkst	6.80	57:24	8:26	42	17:11	177	33:05	72.30	9:04:11	7:31	42	2:45:37	175	3:25:49
VP12 - Brauhaus	6.90	56:58	8:15	34	15:38	147	23:51	79.20	10:01:09	7:35	39	2:56:57	168	3:49:40
VP13 - Revierförs	5.70	48:35	8:31	36	13:56	143	18:32	84.90	10:49:44	7:39	37	2:33:09	160	4:08:12
VP14 - Schloss S	6.30	55:51	8:51	23	18:16	99	24:24	91.20	11:45:35	7:44	33	2:45:52	138	4:32:36
VP15 - Pagel & Fi	7.60	1:17:14	10:09	55	30:27	243	39:32	98.80	13:02:49	7:55	37	3:14:12	157	5:12:08
VP16 - Karolinenl	4.90	47:18	9:39	33	15:16	146	21:43	103.70	13:50:07	8:00	36	3:29:28	148	5:33:51
VP17 - Falkensee	6.50	1:01:18	9:25	43	18:59	182	28:47	110.20	14:51:25	8:05	39	3:48:27	157	6:02:38
VP18 - Schönwal	5.80	58:55	10:09	39	23:00	189	29:50	116.00	15:50:20	8:11	39	4:11:27	166	6:32:28
VP19 - Grenzturn	7.30	1:13:32	10:04	38	27:10	157	45:26	123.30	17:03:52	8:18	39	4:38:37	165	7:07:13
VP20 - Rudercluk	4.80	48:34	10:07	39	19:13	160	24:14	128.10	17:52:26	8:22	37	4:57:50	164	7:31:27
VP21 - Frohnau	4.10	55:01	13:25	43	29:14	183	32:22	132.20	18:47:27	8:31	39	5:27:04	168	8:03:49
VP22 - Naturschu	6.40	1:04:08	10:01	39	23:43	173	30:56	138.60	19:51:35	8:35	39	5:50:47	171	8:34:45
VP23 - Oranienbu	4.50	44:54	9:58	26	16:36	103	19:57	143.10	20:36:29	8:38	38	6:07:23	168	8:54:42
VP24 - Laufftreff l	5.30	55:29	10:28	38	23:02	157	27:15	148.40	21:31:58	8:42	38	6:30:25	170	9:21:57
VP25 - Wilhelmsr	5.70	59:22	10:24	33	23:35	154	29:21	154.10	22:31:20	8:46	37	6:54:00	171	9:51:18
VP26 - Wollankst	3.10	31:46	10:14	26	11:22	116	14:39	157.20	23:03:06	8:47	37	7:05:22	173	10:05:57
Friedrich-Ludwig	4.20	41:54	9:58	45	17:15	207	22:08	161.90	23:45:00	8:48	39	7:22:28	179	10:27:19