



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Golz, Göran

Club: LT Nordkreuz Berlin

Number: 159

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:09:40

Speed: 6.40 km/h

Running performance: 9:19 min/km

Rank in course/Total: 230 (of 397)

Rank in course/Men: 197 (of 313)

Best time in course: 13:17:41

Rank in category: 45(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	54:24	6:19	17	10:10	62	10:16	8.60	54:24	6:19	17	10:10	62	10:16
VP2 - East Side G	4.80	27:25	5:42	20	6:20	69	6:22	13.40	1:21:49	6:06	17	16:30	62	16:35
VP3 - Dammweg	5.80	36:39	6:19	21	6:51	70	7:27	19.20	1:58:28	6:10	19	23:21	64	23:37
VP4 - Johannisth	5.70	35:37	6:14	25	8:55	99	11:05	24.90	2:34:05	6:11	19	32:16	70	34:23
VP5 - Imbiß "Am	9.50	1:05:14	6:52	35	17:52	146	23:42	34.40	3:39:19	6:22	21	50:08	81	58:02
VP6 - Buckow	4.50	33:02	7:20	33	9:47	147	12:26	38.90	4:12:21	6:29	25	59:55	93	1:10:28
Control	7.60	55:02	7:14	37	14:20	158	21:00	46.50	5:07:23	6:36	27	1:14:12	105	1:31:28
VP8 - Osdorfer St	6.30	53:39	8:30	59	20:00	240	26:13	52.80	6:01:02	6:50	32	1:34:12	124	1:57:41
VP9 - Sportplatz	6.50	1:06:26	10:13	53	31:52	241	44:59	59.30	7:07:28	7:12	32	2:06:04	147	2:32:37
VP10 - Königswe	6.20	48:42	7:51	38	12:39	149	19:17	65.50	7:56:10	7:16	32	2:18:43	146	2:51:54
VP11 - Gedenkst	6.80	54:22	7:59	31	14:09	130	30:03	72.30	8:50:32	7:20	32	2:31:58	136	3:12:10
VP12 - Brauhaus	6.90	54:57	7:57	29	13:37	122	21:50	79.20	9:45:29	7:23	30	2:41:17	136	3:34:00
VP13 - Revierförs	5.70	45:11	7:55	25	10:32	97	15:08	84.90	10:30:40	7:25	31	2:14:05	134	3:49:08
VP14 - Schloss S	6.30	1:06:40	10:34	40	29:05	169	35:13	91.20	11:37:20	7:38	31	2:37:37	134	4:24:21
VP15 - Pagel & Fi	7.60	1:03:30	8:21	32	16:43	141	25:48	98.80	12:40:50	7:42	30	2:52:13	130	4:50:09
VP16 - Karolinenl	4.90	43:08	8:48	22	11:06	82	17:33	103.70	13:23:58	7:45	29	3:03:19	125	5:07:42
VP17 - Falkensee	6.50	1:12:16	11:07	54	29:57	229	39:45	110.20	14:36:14	7:57	33	3:33:16	136	5:47:27
VP18 - Schönwal	5.80	1:00:15	10:23	40	24:20	195	31:10	116.00	15:36:29	8:04	34	3:57:36	143	6:18:37
VP19 - Grenzturn	7.30	1:20:03	10:57	43	33:41	195	51:57	123.30	16:56:32	8:14	37	4:31:17	155	6:59:53
VP20 - Rudercluk	4.80	57:11	11:54	51	27:50	219	32:51	128.10	17:53:43	8:22	38	4:59:07	165	7:32:44
VP21 - Frohnau	4.10	1:07:10	16:22	57	41:23	240	44:31	132.20	19:00:53	8:37	42	5:40:30	182	8:17:15
VP22 - Naturschu	6.40	1:04:43	10:06	40	24:18	178	31:31	138.60	20:05:36	8:41	41	6:04:48	182	8:48:46
VP23 - Oranienbu	4.50	48:59	10:53	35	20:41	159	24:02	143.10	20:54:35	8:46	40	6:25:29	180	9:12:48
VP24 - Laufftreff l	5.30	1:01:08	11:32	49	28:41	206	32:54	148.40	21:55:43	8:51	41	6:54:10	184	9:45:42
VP25 - Wilhelmsr	5.70	1:30:01	15:47	59	54:14	259	1:00:00	154.10	23:25:44	9:07	44	7:48:24	191	10:45:42
VP26 - Wollankst	3.10	1:00:30	19:30	60	40:06	259	43:23	157.20	24:26:14	9:19	46	8:28:30	199	11:29:05
Friedrich-Ludwig	4.20	43:26	10:20	48	18:47	220	23:40	161.90	25:09:40	9:19	45	8:47:08	198	11:51:59