



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Nicassio, Antonio

Club: adelfia

Number: 433

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 25:18:48

Speed: 6.36 km/h

Running performance: 9:23 min/km

Rank in course/Total: 235 (of 397)

Rank in course/Men: 201 (of 313)

Best time in course: 13:17:41

Rank in category: 54(of 75)

Best time in the category: 14:30:53

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	55:05	6:24	17	10:56	80	10:57	8.60	55:05	6:24	17	10:56	80	10:57
VP2 - East Side G	4.80	29:52	6:13	29	8:49	130	8:49	13.40	1:24:57	6:20	17	19:43	87	19:43
VP3 - Dammweg	5.80	38:25	6:37	22	8:55	103	9:13	19.20	2:03:22	6:25	19	28:28	97	28:31
VP4 - Johannisth	5.70	37:24	6:33	34	12:36	143	12:52	24.90	2:40:46	6:27	21	41:04	103	41:04
VP5 - Imbiß "Am	9.50	1:02:43	6:36	27	20:22	110	21:11	34.40	3:43:29	6:29	21	1:01:26	103	1:02:12
VP6 - Buckow	4.50	33:47	7:30	40	12:32	158	13:11	38.90	4:17:16	6:36	22	1:13:58	108	1:15:23
Control	7.60	55:48	7:20	41	19:20	169	21:46	46.50	5:13:04	6:43	25	1:32:53	115	1:37:09
VP8 - Osdorfer St	6.30	50:57	8:05	62	20:42	220	23:31	52.80	6:04:01	6:53	33	1:53:35	132	2:00:40
VP9 - Sportplatz	6.50	55:43	8:34	39	24:18	147	34:16	59.30	6:59:44	7:04	33	2:17:53	132	2:24:53
VP10 - Königswe	6.20	46:17	7:27	35	15:04	120	16:52	65.50	7:46:01	7:06	33	2:32:57	125	2:41:45
VP11 - Gedenkst	6.80	54:59	8:05	32	20:06	142	30:40	72.30	8:41:00	7:12	30	2:52:02	122	3:02:38
VP12 - Brauhaus	6.90	51:20	7:26	22	15:38	77	18:13	79.20	9:32:20	7:13	28	3:07:40	118	3:20:51
VP13 - Revierförs	5.70	49:27	8:40	40	18:50	153	19:24	84.90	10:21:47	7:19	31	3:26:30	121	3:40:15
VP14 - Schloss S	6.30	1:03:03	10:00	39	29:39	147	31:36	91.20	11:24:50	7:30	30	3:55:49	122	4:11:51
VP15 - Pagel & Fi	7.60	1:10:00	9:12	58	30:13	203	32:18	98.80	12:34:50	7:38	34	4:22:58	127	4:44:09
VP16 - Karolinenl	4.90	50:40	10:20	54	23:33	187	25:05	103.70	13:25:30	7:46	34	4:46:31	127	5:09:14
VP17 - Falkensee	6.50	1:05:53	10:08	59	28:09	209	33:22	110.20	14:31:23	7:54	35	5:10:36	130	5:42:36
VP18 - Schönwal	5.80	57:52	9:58	50	25:21	180	28:47	116.00	15:29:15	8:00	37	5:35:54	135	6:11:23
VP19 - Grenzturn	7.30	1:21:02	11:06	59	37:53	203	52:56	123.30	16:50:17	8:11	41	6:12:39	149	6:53:38
VP20 - Rudercluk	4.80	53:54	11:13	55	26:16	203	29:34	128.10	17:44:11	8:18	41	6:38:55	151	7:23:12
VP21 - Frohnau	4.10	1:01:50	15:04	52	37:52	222	39:11	132.20	18:46:01	8:31	45	7:16:47	167	8:02:23
VP22 - Naturschu	6.40	1:26:15	13:28	63	48:46	253	53:03	138.60	20:12:16	8:44	49	8:01:31	187	8:55:26
VP23 - Oranienbu	4.50	1:12:20	16:04	63	45:14	256	47:23	143.10	21:24:36	8:58	54	8:45:52	196	9:42:49
VP24 - Laufftreff l	5.30	1:25:12	16:04	65	53:55	260	56:58	148.40	22:49:48	9:13	55	9:39:47	203	10:39:47
VP25 - Wilhelmsr	5.70	1:19:18	13:54	65	46:10	250	49:17	154.10	24:09:06	9:24	55	10:25:15	203	11:29:04
VP26 - Wollankst	3.10	32:38	10:31	39	14:38	129	15:31	157.20	24:41:44	9:25	55	10:39:53	204	11:44:35
Friedrich-Ludwig	4.20	37:04	8:49	37	15:27	147	17:18	161.90	25:18:48	9:22	55	10:53:24	202	12:01:07