



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Ljungberg, Jakob

Club: Hinnerup

Number: 44

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 25:29:18

Speed: 6.32 km/h

Running performance: 9:27 min/km

Rank in course/Total: 238 (of 397)

Rank in course/Men: 203 (of 313)

Best time in course: 13:17:41

Rank in category: 28(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	54:05	6:17	6	9:57	49	9:57	8.60	54:05	6:17	6	9:57	49	9:57
VP2 - East Side C	4.80	26:44	5:34	8	5:32	55	5:41	13.40	1:20:49	6:01	9	15:29	54	15:35
VP3 - Dammweg	5.80	36:48	6:20	11	6:59	75	7:36	19.20	1:57:37	6:07	9	22:28	57	22:46
VP4 - Johannisth	5.70	33:16	5:50	8	7:00	52	8:44	24.90	2:30:53	6:03	8	29:28	52	31:11
VP5 - Imbiß "Am	9.50	59:33	6:16	9	15:22	67	18:01	34.40	3:30:26	6:07	8	44:50	56	49:09
VP6 - Buckow	4.50	29:09	6:28	10	7:32	59	8:33	38.90	3:59:35	6:09	9	52:22	57	57:42
Control	7.60	50:13	6:36	13	13:34	77	16:11	46.50	4:49:48	6:13	9	1:05:56	59	1:13:53
VP8 - Osdorfer St	6.30	48:09	7:38	22	17:56	176	20:43	52.80	5:37:57	6:24	11	1:23:52	71	1:34:36
VP9 - Sportplatz	6.50	55:44	8:34	14	23:32	148	34:17	59.30	6:33:41	6:38	9	1:47:24	70	1:58:50
VP10 - Königswe	6.20	51:18	8:16	27	18:48	192	21:53	65.50	7:24:59	6:47	11	2:06:12	83	2:20:43
VP11 - Gedenkst	6.80	1:01:09	8:59	31	26:03	225	36:50	72.30	8:26:08	7:00	14	2:32:15	95	2:47:46
VP12 - Brauhaus	6.90	57:43	8:21	22	19:09	163	24:36	79.20	9:23:51	7:07	17	2:51:24	100	3:12:22
VP13 - Revierförs	5.70	51:48	9:05	27	19:22	193	21:45	84.90	10:15:39	7:15	18	3:10:46	107	3:34:07
VP14 - Schloss S	6.30	1:07:42	10:44	24	34:06	176	36:15	91.20	11:23:21	7:29	18	3:44:52	119	4:10:22
VP15 - Pagel & Fi	7.60	1:06:49	8:47	26	25:30	182	29:07	98.80	12:30:10	7:35	18	4:10:22	122	4:39:29
VP16 - Karolinenl	4.90	52:35	10:43	27	21:42	205	27:00	103.70	13:22:45	7:44	18	4:32:04	123	5:06:29
VP17 - Falkensee	6.50	1:01:42	9:29	27	24:30	186	29:11	110.20	14:24:27	7:50	18	4:56:34	124	5:35:40
VP18 - Schönwal	5.80	1:05:32	11:17	28	33:17	225	36:27	116.00	15:29:59	8:01	19	5:28:55	136	6:12:07
VP19 - Grenzturn	7.30	1:28:07	12:04	30	41:06	222	1:00:01	123.30	16:58:06	8:15	21	6:06:42	156	7:01:27
VP20 - Rudercluk	4.80	1:00:01	12:30	30	31:01	229	35:41	128.10	17:58:07	8:24	23	6:37:43	168	7:37:08
VP21 - Frohnau	4.10	57:54	14:07	25	30:20	201	35:15	132.20	18:56:01	8:35	24	7:02:14	176	8:12:23
VP22 - Naturschu	6.40	1:14:59	11:42	29	39:02	217	41:47	138.60	20:11:00	8:44	26	7:40:52	186	8:54:10
VP23 - Oranienbu	4.50	1:01:51	13:44	32	33:11	232	36:54	143.10	21:12:51	8:53	27	8:14:03	191	9:31:04
VP24 - Lauftreff l	5.30	1:11:42	13:31	33	40:31	245	43:28	148.40	22:24:33	9:03	27	8:50:28	193	10:14:32
VP25 - Wilhelmsr	5.70	1:18:23	13:45	31	42:29	248	48:22	154.10	23:42:56	9:14	27	9:30:46	196	11:02:54
VP26 - Wollankst	3.10	49:01	15:48	33	30:18	254	31:54	157.20	24:31:57	9:21	27	9:44:08	200	11:34:48
Friedrich-Ludwig	4.20	57:21	13:39	34	33:38	258	37:35	161.90	25:29:18	9:26	28	10:15:37	204	12:11:37