



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Arndt, Alexander**

Club: Marathon Maniacs/TEA

Number: 90

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:40:21

Speed: 6.27 km/h

Running performance: 9:31 min/km

Rank in course/Total: 241 (of 397)

Rank in course/Men: 205 (of 313)

Best time in course: 13:17:41

Rank in category: 47(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	1:10:38	8:12	68	26:24	294	26:30	8.60	1:10:38	8:12	68	26:24	294	26:30
VP2 - East Side G	4.80	34:43	7:13	64	13:38	272	13:40	13.40	1:45:21	7:51	66	40:02	283	40:07
VP3 - Dammweg	5.80	44:11	7:37	56	14:23	237	14:59	19.20	2:29:32	7:47	65	54:25	274	54:41
VP4 - Johannisth	5.70	40:10	7:02	52	13:28	204	15:38	24.90	3:09:42	7:37	63	1:07:53	261	1:10:00
VP5 - Imbiß "Am	9.50	1:07:51	7:08	43	20:29	178	26:19	34.40	4:17:33	7:29	59	1:28:22	241	1:36:16
VP6 - Buckow	4.50	37:17	8:17	53	14:02	231	16:41	38.90	4:54:50	7:34	58	1:42:24	239	1:52:57
Control	7.60	56:50	7:28	40	16:08	182	22:48	46.50	5:51:40	7:33	56	1:58:29	228	2:15:45
VP8 - Osdorfer St	6.30	48:20	7:40	42	14:41	179	20:54	52.80	6:40:00	7:34	54	2:13:10	224	2:36:39
VP9 - Sportplatz	6.50	1:00:57	9:22	44	26:23	195	39:30	59.30	7:40:57	7:46	52	2:39:33	213	3:06:06
VP10 - Königswe	6.20	49:50	8:02	42	13:47	167	20:25	65.50	8:30:47	7:47	51	2:53:20	211	3:26:31
VP11 - Gedenkst	6.80	58:53	8:39	52	18:40	205	34:34	72.30	9:29:40	7:52	51	3:11:06	207	3:51:18
VP12 - Brauhaus	6.90	1:09:13	10:01	60	27:53	253	36:06	79.20	10:38:53	8:04	53	3:34:41	218	4:27:24
VP13 - Revierförs	5.70	50:09	8:47	42	15:30	165	20:06	84.90	11:29:02	8:06	50	3:12:27	213	4:47:30
VP14 - Schloss S	6.30	1:00:46	9:38	30	23:11	133	29:19	91.20	12:29:48	8:13	50	3:30:05	202	5:16:49
VP15 - Pagel & Fi	7.60	1:06:22	8:43	43	19:35	180	28:40	98.80	13:36:10	8:15	50	3:47:33	207	5:45:29
VP16 - Karolinenl	4.90	52:04	10:37	47	20:02	203	26:29	103.70	14:28:14	8:22	50	4:07:35	205	6:11:58
VP17 - Falkensee	6.50	1:00:42	9:20	40	18:23	177	28:11	110.20	15:28:56	8:25	50	4:25:58	207	6:40:09
VP18 - Schönwal	5.80	1:01:14	10:33	45	25:19	205	32:09	116.00	16:30:10	8:32	49	4:51:17	206	7:12:18
VP19 - Grenzturn	7.30	1:25:58	11:46	51	39:36	215	57:52	123.30	17:56:08	8:43	49	5:30:53	205	7:59:29
VP20 - Rudercluk	4.80	56:35	11:47	50	27:14	217	32:15	128.10	18:52:43	8:50	50	5:58:07	205	8:31:44
VP21 - Frohnau	4.10	49:47	12:08	32	24:00	143	27:08	132.20	19:42:30	8:56	50	6:22:07	204	8:58:52
VP22 - Naturschu	6.40	1:06:39	10:24	44	26:14	189	33:27	138.60	20:49:09	9:00	50	6:48:21	203	9:32:19
VP23 - Oranienbu	4.50	55:23	12:18	49	27:05	204	30:26	143.10	21:44:32	9:06	48	7:15:26	202	10:02:45
VP24 - Laufftreff l	5.30	1:10:16	13:15	54	37:49	243	42:02	148.40	22:54:48	9:15	48	7:53:15	204	10:44:47
VP25 - Wilhelmsr	5.70	1:22:07	14:24	55	46:20	253	52:06	154.10	24:16:55	9:27	48	8:39:35	206	11:36:53
VP26 - Wollankst	3.10	41:20	13:20	54	20:56	238	24:13	157.20	24:58:15	9:31	48	9:00:31	206	12:01:06
Friedrich-Ludwig	4.20	42:06	10:01	46	17:27	210	22:20	161.90	25:40:21	9:30	47	9:17:49	206	12:22:40