



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Knaack, Tobias

Club: FC St. Pauli Triathlon / Adidas Runners
Number: 344

Course: 161.90 km
100MeilenBerlin

Category:
Senioren M40 (40-44 Jahre)

Total time: 27:03:22

Speed: 5.95 km/h
Running performance: 10:02 min/km

Rank in course/Total: 263 (of 397)

Rank in course/Men: 219 (of 313)

Best time in course: 13:17:41

Rank in category: 30(of 38)

Best time in the category: 15:13:41

Control	Intermediate times				Stage score				Total ranking					
	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	1:03:49	7:25	26	19:41	196	19:41	8.60	1:03:49	7:25	26	19:41	196	19:41
VP2 - East Side G	4.80	31:50	6:37	28	10:38	206	10:47	13.40	1:35:39	7:08	25	30:19	200	30:25
VP3 - Dammweg	5.80	42:27	7:19	27	12:38	196	13:15	19.20	2:18:06	7:11	26	42:57	203	43:15
VP4 - Johannisth	5.70	42:17	7:25	32	16:01	249	17:45	24.90	3:00:23	7:14	28	58:58	212	1:00:41
VP5 - Imbiß "Am	9.50	1:12:27	7:37	32	28:16	244	30:55	34.40	4:12:50	7:20	30	1:27:14	225	1:31:33
VP6 - Buckow	4.50	37:58	8:26	31	16:21	243	17:22	38.90	4:50:48	7:28	30	1:43:35	228	1:48:55
Control	7.60	1:02:47	8:15	31	26:08	251	28:45	46.50	5:53:35	7:36	31	2:09:43	238	2:17:40
VP8 - Osdorfer St	6.30	52:18	8:18	31	22:05	230	24:52	52.80	6:45:53	7:41	31	2:31:48	235	2:42:32
VP9 - Sportplatz	6.50	1:42:26	15:45	38	1:10:14	307	1:20:59	59.30	8:28:19	8:34	33	3:42:02	270	3:53:28
VP10 - Königswe	6.20	51:37	8:19	28	19:07	198	22:12	65.50	9:19:56	8:32	33	4:01:09	264	4:15:40
VP11 - Gedenkst	6.80	1:02:24	9:10	32	27:18	238	38:05	72.30	10:22:20	8:36	33	4:28:27	256	4:43:58
VP12 - Brauhaus	6.90	1:03:38	9:13	30	25:04	211	30:31	79.20	11:25:58	8:39	33	4:53:31	252	5:14:29
VP13 - Revierförs	5.70	51:36	9:03	26	19:10	191	21:33	84.90	12:17:34	8:41	33	5:12:41	248	5:36:02
VP14 - Schloss S	6.30	1:10:23	11:10	27	36:47	189	38:56	91.20	13:27:57	8:51	33	5:49:28	242	6:14:58
VP15 - Pagel & Fi	7.60	1:11:28	9:24	30	30:09	209	33:46	98.80	14:39:25	8:54	33	6:19:37	239	6:48:44
VP16 - Karolinenl	4.90	59:55	12:13	31	29:02	238	34:20	103.70	15:39:20	9:03	31	6:48:39	235	7:23:04
VP17 - Falkensee	6.50	59:19	9:07	24	22:07	163	26:48	110.20	16:38:39	9:03	31	7:10:46	229	7:49:52
VP18 - Schönwal	5.80	57:01	9:49	25	24:46	171	27:56	116.00	17:35:40	9:06	31	7:34:36	228	8:17:48
VP19 - Grenzturn	7.30	1:24:17	11:32	28	37:16	212	56:11	123.30	18:59:57	9:14	30	8:08:33	225	9:03:18
VP20 - Rudercluk	4.80	1:02:59	13:07	32	33:59	240	38:39	128.10	20:02:56	9:23	30	8:42:32	223	9:41:57
VP21 - Frohnau	4.10	1:11:49	17:30	32	44:15	253	49:10	132.20	21:14:45	9:38	30	9:20:58	221	10:31:07
VP22 - Naturschu	6.40	1:18:46	12:18	32	42:49	237	45:34	138.60	22:33:31	9:45	30	10:03:23	220	11:16:41
VP23 - Oranienbu	4.50	1:08:03	15:07	34	39:23	251	43:06	143.10	23:41:34	9:56	30	10:42:46	221	11:59:47
VP24 - Laufftreff l	5.30	1:09:25	13:05	32	38:14	240	41:11	148.40	24:50:59	10:02	30	11:16:54	221	12:40:58
VP25 - Wilhelmsr	5.70	1:07:55	11:54	29	32:01	220	37:54	154.10	25:58:54	10:06	30	11:46:44	222	13:18:52
VP26 - Wollankst	3.10	33:29	10:48	19	14:46	142	16:22	157.20	26:32:23	10:07	30	11:44:34	220	13:35:14
Friedrich-Ludwig	4.20	30:59	7:22	7	7:16	62	11:13	161.90	27:03:22	10:01	30	11:49:41	220	13:45:41