



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Koch, Mark

Club: Metelen

Number: 76

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 28:34:06

Speed: 5.64 km/h

Running performance: 10:35 min/km

Rank in course/Total: 292 (of 397)

Rank in course/Men: 234 (of 313)

Best time in course: 13:17:41

Rank in category: 55(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	1:06:42	7:45	64	22:28	247	22:34	8.60	1:06:42	7:45	64	22:28	247	22:34
VP2 - East Side G	4.80	36:32	7:36	66	15:27	296	15:29	13.40	1:43:14	7:42	64	37:55	272	38:00
VP3 - Dammweg	5.80	47:06	8:07	66	17:18	283	17:54	19.20	2:30:20	7:49	66	55:13	277	55:29
VP4 - Johannisth	5.70	41:56	7:21	58	15:14	239	17:24	24.90	3:12:16	7:43	65	1:10:27	274	1:12:34
VP5 - Imbiß "Am	9.50	1:20:40	8:29	67	33:18	297	39:08	34.40	4:32:56	7:56	66	1:43:45	286	1:51:39
VP6 - Buckow	4.50	42:20	9:24	67	19:05	284	21:44	38.90	5:15:16	8:06	67	2:02:50	287	2:13:23
Control	7.60	1:04:36	8:30	65	23:54	263	30:34	46.50	6:19:52	8:10	67	2:26:41	281	2:43:57
VP8 - Osdorfer St	6.30	53:54	8:33	61	20:15	242	26:28	52.80	7:13:46	8:12	66	2:46:56	277	3:10:25
VP9 - Sportplatz	6.50	1:02:32	9:37	49	27:58	208	41:05	59.30	8:16:18	8:22	61	3:14:54	258	3:41:27
VP10 - Königswe	6.20	1:02:33	10:05	65	26:30	278	33:08	65.50	9:18:51	8:31	63	3:41:24	263	4:14:35
VP11 - Gedenkst	6.80	1:04:30	9:29	58	24:17	245	40:11	72.30	10:23:21	8:37	61	4:04:47	257	4:44:59
VP12 - Brauhaus	6.90	1:33:58	13:37	67	52:38	292	1:00:51	79.20	11:57:19	9:03	65	4:53:07	274	5:45:50
VP13 - Revierförs	5.70	1:06:47	11:42	65	32:08	283	36:44	84.90	13:04:06	9:14	64	4:47:31	274	6:22:34
VP14 - Schloss S	6.30	1:36:23	15:17	63	58:48	279	1:04:56	91.20	14:40:29	9:39	63	5:40:46	274	7:27:30
VP15 - Pagel & Fi	7.60	1:20:05	10:32	59	33:18	253	42:23	98.80	16:00:34	9:43	63	6:11:57	269	8:09:53
VP16 - Karolinenl	4.90	1:24:58	17:20	64	52:56	276	59:23	103.70	17:25:32	10:04	63	7:04:53	270	9:09:16
VP17 - Falkensee	6.50	1:19:33	12:14	59	37:14	252	47:02	110.20	18:45:05	10:12	62	7:42:07	265	9:56:18
VP18 - Schönwal	5.80	1:02:25	10:45	49	26:30	217	33:20	116.00	19:47:30	10:14	62	8:08:37	263	10:29:38
VP19 - Grenzturn	7.30	1:27:29	11:59	52	41:07	219	59:23	123.30	21:14:59	10:20	61	8:49:44	259	11:18:20
VP20 - Rudercluk	4.80	46:42	9:43	30	17:21	135	22:22	128.10	22:01:41	10:19	60	9:07:05	253	11:40:42
VP21 - Frohnau	4.10	53:09	12:57	41	27:22	174	30:30	132.20	22:54:50	10:23	57	9:34:27	243	12:11:12
VP22 - Naturschu	6.40	1:15:35	11:48	51	35:10	224	42:23	138.60	24:10:25	10:27	57	10:09:37	244	12:53:35
VP23 - Oranienbu	4.50	1:06:20	14:44	57	38:02	248	41:23	143.10	25:16:45	10:35	56	10:47:39	243	13:34:58
VP24 - Laufftreff l	5.30	56:57	10:44	43	24:30	173	28:43	148.40	26:13:42	10:36	56	11:12:09	242	14:03:41
VP25 - Wilhelmsr	5.70	1:04:13	11:15	44	28:26	200	34:12	154.10	27:17:55	10:37	56	11:40:35	239	14:37:53
VP26 - Wollankst	3.10	34:25	11:06	37	14:01	160	17:18	157.20	27:52:20	10:38	55	11:54:36	238	14:55:11
Friedrich-Ludwig	4.20	41:46	9:56	44	17:07	203	22:00	161.90	28:34:06	10:35	55	12:11:34	235	15:16:25