



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Toplak, Fred**

Club: LA Spvgg Herten

Number: 440

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M55 (55-59 Jahre)

Total time: 29:55:04

Speed: 5.38 km/h

Running performance: 11:05 min/km

Rank in course/Total: 323 (of 397)

Rank in course/Men: 258 (of 313)

Best time in course: 13:17:41

Rank in category: 39(of 50)

Best time in the category: 18:35:32

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
VP1 - Checkpoint	8.60	1:04:04	7:26	30	14:41	198	19:56	8.60	1:04:04	7:26	30	14:41	198	19:56				
VP2 - East Side G	4.80	29:51	6:13	17	5:05	129	8:48	13.40	1:33:55	7:00	27	19:46	188	28:41				
VP3 - Dammweg	5.80	37:47	6:30	14	3:14	96	8:35	19.20	2:11:42	6:51	22	23:00	163	36:51				
VP4 - Johannisth	5.70	35:36	6:14	11	3:54	98	11:04	24.90	2:47:18	6:43	19	26:43	145	47:36				
VP5 - Imbiß "Am	9.50	1:09:59	7:22	32	15:18	211	28:27	34.40	3:57:17	6:53	23	42:01	167	1:16:00				
VP6 - Buckow	4.50	37:46	8:23	35	11:12	240	17:10	38.90	4:35:03	7:04	26	53:13	179	1:33:10				
Control	7.60	1:02:42	8:15	38	17:55	250	28:40	46.50	5:37:45	7:15	29	1:11:08	192	2:01:50				
VP8 - Osdorfer St	6.30	58:56	9:21	44	22:09	282	31:30	52.80	6:36:41	7:30	31	1:32:20	211	2:33:20				
VP9 - Sportplatz	6.50	1:39:11	15:15	48	1:01:25	306	1:17:44	59.30	8:15:52	8:21	40	2:27:48	257	3:41:01				
VP10 - Königswe	6.20	1:00:15	9:43	42	20:03	269	30:50	65.50	9:16:07	8:29	40	2:44:26	259	4:11:51				
VP11 - Gedenkst	6.80	1:11:24	10:30	41	47:05	273	47:05	72.30	10:27:31	8:40	40	3:06:32	262	4:49:09				
VP12 - Brauhaus	6.90	1:31:16	13:13	43	45:38	291	58:09	79.20	11:58:47	9:04	41	3:45:49	277	5:47:18				
VP13 - Revierförs	5.70	1:04:13	11:15	41	23:34	275	34:10	84.90	13:03:00	9:13	40	4:06:43	273	6:21:28				
VP14 - Schloss S	6.30	1:39:10	15:44	44	53:52	284	1:07:43	91.20	14:42:10	9:40	41	5:00:35	275	7:29:11				
VP15 - Pagel & Fi	7.60	1:20:21	10:34	38	29:59	255	42:39	98.80	16:02:31	9:44	40	5:26:42	272	8:11:50				
VP16 - Karolinenl	4.90	1:10:02	14:17	40	32:04	269	44:27	103.70	17:12:33	9:57	40	5:51:54	266	8:56:17				
VP17 - Falkensee	6.50	1:26:05	13:14	40	39:56	268	53:34	110.20	18:38:38	10:09	39	6:25:11	263	9:49:51				
VP18 - Schönwal	5.80	1:29:07	15:21	41	49:34	273	1:00:02	116.00	20:07:45	10:24	39	7:12:59	266	10:49:53				
VP19 - Grenzturn	7.30	1:45:13	14:24	38	1:13:50	259	1:17:07	123.30	21:52:58	10:38	39	8:06:22	267	11:56:19				
VP20 - Rudercluk	4.80	1:21:03	16:53	39	46:28	265	56:43	128.10	23:14:01	10:52	39	8:52:50	265	12:53:02				
VP21 - Frohnau	4.10	43:03	10:30	16	9:21	91	20:24	132.20	23:57:04	10:52	39	9:02:11	258	13:13:26				
VP22 - Naturschu	6.40	1:15:21	11:46	35	27:18	222	42:09	138.60	25:12:25	10:54	39	9:29:29	259	13:55:35				
VP23 - Oranienbu	4.50	58:04	12:54	36	24:00	215	33:07	143.10	26:10:29	10:58	38	9:53:29	256	14:28:42				
VP24 - Laufftreff l	5.30	1:05:51	12:25	36	26:25	225	37:37	148.40	27:16:20	11:01	38	10:19:02	257	15:06:19				
VP25 - Wilhelmsr	5.70	1:10:26	12:21	37	27:47	229	40:25	154.10	28:26:46	11:04	39	10:46:49	258	15:46:44				
VP26 - Wollankst	3.10	38:10	12:18	36	13:12	220	21:03	157.20	29:04:56	11:06	39	11:00:01	258	16:07:47				
Friedrich-Ludwig	4.20	50:08	11:56	39	23:11	245	30:22	161.90	29:55:04	11:05	39	11:19:32	259	16:37:23				