



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Ishikawa, Yoshihiko

Club: Nichia

Number: 5

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M30 (30-34 Jahre)

Total time: 13:17:41

Speed: 12.11 km/h

Running performance: 4:56 min/km

Rank in course/Total: 1 (of 397)

Rank in course/Men: 1 (of 313)

Best time in course: 13:17:41

Rank in category: 1(of 11)

Best time in the category: 13:17:41

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	44:15	5:08	2	0:03	8	0:07	8.60	44:15	5:08	2	0:03	8	0:07	
VP2 - East Side G	4.80	21:10	4:24	1	-	5	0:07	13.40	1:05:25	4:52	1	-	6	0:11	
VP3 - Dammweg	5.80	29:48	5:08	2	0:36	4	0:36	19.20	1:35:13	4:57	2	0:22	6	0:22	
VP4 - Johannisth	5.70	24:32	4:18	1	-	1	-	24.90	1:59:45	4:48	1	-	2	0:03	
VP5 - Imbiß "Am	9.50	41:32	4:22	1	-	1	-	34.40	2:41:17	4:41	1	-	1	-	
VP6 - Buckow	4.50	20:36	4:34	1	-	1	-	38.90	3:01:53	4:40	1	-	1	-	
Control	7.60	34:02	4:28	1	-	1	-	46.50	3:35:55	4:38	1	-	1	-	
VP8 - Osdorfer St	6.30	27:26	4:21	1	-	1	-	52.80	4:03:21	4:36	1	-	1	-	
VP9 - Sportplatz	6.50	31:30	4:50	2	9:51	5	10:03	59.30	4:34:51	4:38	1	-	1	-	
VP10 - Königswe	6.20	29:25	4:44	1	-	1	-	65.50	5:04:16	4:38	1	-	1	-	
VP11 - Gedenkst	6.80	34:06	5:00	1	-	3	9:47	72.30	5:38:22	4:40	1	-	1	-	
VP12 - Brauhaus	6.90	33:07	4:47	1	-	1	-	79.20	6:11:29	4:41	1	-	1	-	
VP13 - Revierförs	5.70	30:03	5:16	1	-	1	-	84.90	6:41:32	4:43	1	-	1	-	
VP14 - Schloss S	6.30	31:27	4:59	1	-	1	-	91.20	7:12:59	4:44	1	-	1	-	
VP15 - Pagel & Fi	7.60	37:42	4:57	1	-	1	-	98.80	7:50:41	4:45	1	-	1	-	
VP16 - Karolinenl	4.90	25:35	5:13	1	-	1	-	103.70	8:16:16	4:47	1	-	1	-	
VP17 - Falkensee	6.50	32:31	5:00	1	-	1	-	110.20	8:48:47	4:47	1	-	1	-	
VP18 - Schönwal	5.80	29:05	5:00	1	-	1	-	116.00	9:17:52	4:48	1	-	1	-	
VP19 - Grenzturn	7.30	38:47	5:18	2	10:41	4	10:41	123.30	9:56:39	4:50	1	-	1	-	
VP20 - Rudercluk	4.80	24:20	5:04	1	-	1	-	128.10	10:20:59	4:50	1	-	1	-	
VP21 - Frohnau	4.10	22:39	5:31	1	-	1	-	132.20	10:43:38	4:52	1	-	1	-	
VP22 - Naturschu	6.40	33:12	5:11	1	-	1	-	138.60	11:16:50	4:53	1	-	1	-	
VP23 - Oranienbu	4.50	24:57	5:32	1	-	1	-	143.10	11:41:47	4:54	1	-	1	-	
VP24 - Lauftreff l	5.30	28:14	5:19	1	-	1	-	148.40	12:10:01	4:55	1	-	1	-	
VP25 - Wilhelmsr	5.70	30:01	5:15	1	-	1	-	154.10	12:40:02	4:55	1	-	1	-	
VP26 - Wollankst	3.10	17:07	5:31	1	-	1	-	157.20	12:57:09	4:56	1	-	1	-	
Friedrich-Ludwig	4.20	20:32	4:53	2	0:46	2	0:46	161.90	13:17:41	4:55	1	-	1	-	