



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

Hotoku, Shinobu

Club: Ibaraki

Number: 425

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 18:01:27

Speed: 8.93 km/h

Running performance: 6:41 min/km

Rank in course/Total: 21 (of 397)

Rank in course/Men: 18 (of 313)

Best time in course: 13:17:41

Rank in category: 4(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	53:50	6:15	14	9:36	44	9:42	8.60	53:50	6:15	14	9:36	44	9:42
VP2 - East Side C	4.80	26:11	5:27	14	5:06	46	5:08	13.40	1:20:01	5:58	14	14:42	46	14:47
VP3 - Dammweg	5.80	31:57	5:30	3	2:09	15	2:45	19.20	1:51:58	5:49	13	16:51	39	17:07
VP4 - Johannisth	5.70	33:19	5:50	17	6:37	53	8:47	24.90	2:25:17	5:50	12	23:28	39	25:35
VP5 - Imbiß "Am	9.50	54:00	5:41	7	6:38	31	12:28	34.40	3:19:17	5:47	10	30:06	33	38:00
VP6 - Buckow	4.50	27:34	6:07	9	4:19	38	6:58	38.90	3:46:51	5:49	8	34:25	31	44:58
Control	7.60	46:23	6:06	10	5:41	43	12:21	46.50	4:33:14	5:52	9	40:03	33	57:19
VP8 - Osdorfer St	6.30	37:08	5:53	5	3:29	25	9:42	52.80	5:10:22	5:52	8	43:32	31	1:07:01
VP9 - Sportplatz	6.50	43:23	6:40	7	8:49	35	21:56	59.30	5:53:45	5:57	7	52:21	31	1:18:54
VP10 - Königswe	6.20	39:53	6:25	8	3:50	31	10:28	65.50	6:33:38	6:00	7	56:11	31	1:29:22
VP11 - Gedenkst	6.80	41:32	6:06	3	1:19	16	17:13	72.30	7:15:10	6:01	7	56:36	26	1:36:48
VP12 - Brauhaus	6.90	44:30	6:26	3	3:10	24	11:23	79.20	7:59:40	6:03	7	55:28	26	1:48:11
VP13 - Revierförs	5.70	36:18	6:22	3	1:39	14	6:15	84.90	8:35:58	6:04	6	19:23	23	1:54:26
VP14 - Schloss S	6.30	45:39	7:14	6	8:04	28	14:12	91.20	9:21:37	6:09	5	21:54	22	2:08:38
VP15 - Pagel & Fi	7.60	50:05	6:35	4	3:18	23	12:23	98.80	10:11:42	6:11	5	23:05	22	2:21:01
VP16 - Karolinenl	4.90	32:49	6:41	2	0:47	15	7:14	103.70	10:44:31	6:12	5	23:52	22	2:28:15
VP17 - Falkensee	6.50	43:53	6:45	2	1:34	14	11:22	110.20	11:28:24	6:14	5	25:26	22	2:39:37
VP18 - Schönwal	5.80	40:44	7:01	5	4:49	20	11:39	116.00	12:09:08	6:17	5	30:15	22	2:51:16
VP19 - Grenzturn	7.30	54:17	7:26	5	7:55	27	26:11	123.30	13:03:25	6:21	5	38:10	20	3:06:46
VP20 - Rudercluk	4.80	36:47	7:39	7	7:26	30	12:27	128.10	13:40:12	6:24	5	45:36	20	3:19:13
VP21 - Frohnau	4.10	40:45	9:56	16	14:58	67	18:06	132.20	14:20:57	6:30	5	1:00:34	21	3:37:19
VP22 - Naturschu	6.40	46:38	7:17	4	6:13	19	13:26	138.60	15:07:35	6:32	5	1:06:47	20	3:50:45
VP23 - Oranienbu	4.50	34:58	7:46	6	6:40	22	10:01	143.10	15:42:33	6:35	4	1:13:27	18	4:00:46
VP24 - Lauftreff l	5.30	42:02	7:55	5	9:35	26	13:48	148.40	16:24:35	6:38	5	1:23:02	20	4:14:34
VP25 - Wilhelmsr	5.70	44:05	7:44	4	8:18	26	14:04	154.10	17:08:40	6:40	4	1:31:20	19	4:28:38
VP26 - Wollankst	3.10	24:32	7:54	11	4:08	26	7:25	157.20	17:33:12	6:41	4	1:35:28	19	4:36:03
Friedrich-Ludwig	4.20	28:15	6:43	8	3:36	39	8:29	161.90	18:01:27	6:40	4	1:38:55	19	4:43:46