



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Wadehn, Jan-Olof**

Club: Bielefeld

Number: 16

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 18:21:35

Speed: 8.77 km/h

Running performance: 6:48 min/km

Rank in course/Total: 23 (of 397)

Rank in course/Men: 20 (of 313)

Best time in course: 13:17:41

Rank in category: 6(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	54:19	6:18	15	10:05	58	10:11	8.60	54:19	6:18	15	10:05	58	10:11
VP2 - East Side G	4.80	26:17	5:28	15	5:12	48	5:14	13.40	1:20:36	6:00	16	15:17	51	15:22
VP3 - Dammweg	5.80	34:55	6:01	13	5:07	43	5:43	19.20	1:55:31	6:00	15	20:24	47	20:40
VP4 - Johannisth	5.70	32:37	5:43	12	5:55	41	8:05	24.90	2:28:08	5:56	16	26:19	46	28:26
VP5 - Imbiß "Am	9.50	56:01	5:53	10	8:39	40	14:29	34.40	3:24:09	5:56	13	34:58	41	42:52
VP6 - Buckow	4.50	26:42	5:56	6	3:27	25	6:06	38.90	3:50:51	5:56	12	38:25	40	48:58
Control	7.60	44:10	5:48	7	3:28	30	10:08	46.50	4:35:01	5:54	11	41:50	37	59:06
VP8 - Osdorfer St	6.30	42:03	6:40	19	8:24	77	14:37	52.80	5:17:04	6:00	12	50:14	42	1:13:43
VP9 - Sportplatz	6.50	45:12	6:57	10	10:38	49	23:45	59.30	6:02:16	6:06	10	1:00:52	42	1:27:25
VP10 - Königswe	6.20	39:26	6:21	5	3:23	27	10:01	65.50	6:41:42	6:07	10	1:04:15	39	1:37:26
VP11 - Gedenkst	6.80	40:13	5:54	1	-	12	15:54	72.30	7:21:55	6:06	8	1:03:21	34	1:43:33
VP12 - Brauhaus	6.90	53:47	7:47	21	12:27	106	20:40	79.20	8:15:42	6:15	9	1:11:30	38	2:04:13
VP13 - Revierförs	5.70	43:14	7:35	17	8:35	69	13:11	84.90	8:58:56	6:20	8	42:21	36	2:17:24
VP14 - Schloss S	6.30	48:17	7:39	8	10:42	42	16:50	91.20	9:47:13	6:26	7	47:30	33	2:34:14
VP15 - Pagel & Fi	7.60	47:13	6:12	2	0:26	13	9:31	98.80	10:34:26	6:25	7	45:49	28	2:43:45
VP16 - Karolinenl	4.90	38:28	7:51	9	6:26	42	12:53	103.70	11:12:54	6:29	7	52:15	27	2:56:38
VP17 - Falkensee	6.50	45:08	6:56	3	2:49	19	12:37	110.20	11:58:02	6:30	6	55:04	26	3:09:15
VP18 - Schönwal	5.80	38:56	6:42	2	3:01	12	9:51	116.00	12:36:58	6:31	6	58:05	26	3:19:06
VP19 - Grenzturn	7.30	49:31	6:46	2	3:09	14	21:25	123.30	13:26:29	6:32	6	1:01:14	22	3:29:50
VP20 - Rudercluk	4.80	36:33	7:36	6	7:12	29	12:13	128.10	14:03:02	6:34	6	1:08:26	22	3:42:03
VP21 - Frohnau	4.10	37:41	9:11	11	11:54	43	15:02	132.20	14:40:43	6:39	6	1:20:20	22	3:57:05
VP22 - Naturschu	6.40	43:51	6:51	2	3:26	13	10:39	138.60	15:24:34	6:40	6	1:23:46	22	4:07:44
VP23 - Oranienbu	4.50	34:22	7:38	4	6:04	19	9:25	143.10	15:58:56	6:42	6	1:29:50	22	4:17:09
VP24 - Laufftreff l	5.30	42:22	7:59	7	9:55	30	14:08	148.40	16:41:18	6:44	6	1:39:45	21	4:31:17
VP25 - Wilhelmsr	5.70	45:43	8:01	9	9:56	38	15:42	154.10	17:27:01	6:47	6	1:49:41	21	4:46:59
VP26 - Wollankst	3.10	26:47	8:38	15	6:23	45	9:40	157.20	17:53:48	6:49	6	1:56:04	21	4:56:39
Friedrich-Ludwig	4.20	27:47	6:36	7	3:08	36	8:01	161.90	18:21:35	6:48	6	1:59:03	21	5:03:54