



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Donath, Lars**

Club: ASFM Göttingen

Number: 277

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 18:36:54

Speed: 8.65 km/h

Running performance: 6:54 min/km

Rank in course/Total: 26 (of 397)

Rank in course/Men: 23 (of 313)

Best time in course: 13:17:41

Rank in category: 2(of 29)

Best time in the category: 17:26:34

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	55:25	6:26	10	7:17	86	11:17	8.60	55:25	6:26	10	7:17	86	11:17
VP2 - East Side G	4.80	28:55	6:01	12	4:16	107	7:52	13.40	1:24:20	6:17	9	11:33	82	19:06
VP3 - Dammweg	5.80	46:07	7:57	25	13:02	270	16:55	19.20	2:10:27	6:47	19	24:31	155	35:36
VP4 - Johannisth	5.70	35:24	6:12	11	4:59	93	10:52	24.90	2:45:51	6:39	17	29:30	128	46:09
VP5 - Imbiß "Am	9.50	1:01:57	6:31	12	9:26	100	20:25	34.40	3:47:48	6:37	13	38:50	119	1:06:31
VP6 - Buckow	4.50	30:57	6:52	11	5:05	86	10:21	38.90	4:18:45	6:39	14	43:55	115	1:16:52
Control	7.60	48:23	6:21	8	4:20	63	14:21	46.50	5:07:08	6:36	13	48:08	104	1:31:13
VP8 - Osdorfer St	6.30	40:55	6:29	7	3:42	62	13:29	52.80	5:48:03	6:35	10	51:36	84	1:44:42
VP9 - Sportplatz	6.50	48:34	7:28	10	26:58	80	27:07	59.30	6:36:37	6:41	9	54:53	75	2:01:46
VP10 - Königswe	6.20	41:38	6:42	5	4:17	51	12:13	65.50	7:18:15	6:41	9	53:51	71	2:13:59
VP11 - Gedenkst	6.80	43:05	6:20	2	2:01	23	18:46	72.30	8:01:20	6:39	8	50:47	63	2:22:58
VP12 - Brauhaus	6.90	42:20	6:08	2	0:28	15	9:13	79.20	8:43:40	6:36	6	47:05	59	2:32:11
VP13 - Revierförs	5.70	37:52	6:38	2	0:33	21	7:49	84.90	9:21:32	6:36	6	47:09	57	2:40:00
VP14 - Schloss S	6.30	52:34	8:20	8	13:22	69	21:07	91.20	10:14:06	6:44	6	1:00:31	56	3:01:07
VP15 - Pagel & Fi	7.60	49:29	6:30	2	0:56	20	11:47	98.80	11:03:35	6:42	3	58:35	46	3:12:54
VP16 - Karolinenl	4.90	37:34	7:40	3	1:17	34	11:59	103.70	11:41:09	6:45	3	59:52	44	3:24:53
VP17 - Falkensee	6.50	45:07	6:56	2	0:22	18	12:36	110.20	12:26:16	6:46	2	1:00:14	38	3:37:29
VP18 - Schönwal	5.80	39:19	6:46	1	-	14	10:14	116.00	13:05:35	6:46	2	58:06	36	3:47:43
VP19 - Grenzturn	7.30	53:37	7:20	2	7:03	25	25:31	123.30	13:59:12	6:48	2	1:05:09	32	4:02:33
VP20 - Rudercluk	4.80	33:44	7:01	2	2:54	17	9:24	128.10	14:32:56	6:48	2	1:08:03	29	4:11:57
VP21 - Frohnau	4.10	35:28	8:39	3	7:57	24	12:49	132.20	15:08:24	6:52	2	1:16:00	28	4:24:46
VP22 - Naturschu	6.40	45:58	7:10	3	4:06	18	12:46	138.60	15:54:22	6:53	2	1:20:06	27	4:37:32
VP23 - Oranienbu	4.50	36:04	8:00	4	3:19	31	11:07	143.10	16:30:26	6:55	2	1:23:16	26	4:48:39
VP24 - Lauftreff l	5.30	38:54	7:20	2	1:49	14	10:40	148.40	17:09:20	6:56	2	1:25:05	25	4:59:19
VP25 - Wilhelmsr	5.70	38:08	6:41	1	-	12	8:07	154.10	17:47:28	6:55	2	1:23:08	24	5:07:26
VP26 - Wollankst	3.10	22:51	7:22	3	2:44	16	5:44	157.20	18:10:19	6:56	2	1:07:51	24	5:13:10
Friedrich-Ludwig	4.20	26:35	6:19	5	3:07	25	6:49	161.90	18:36:54	6:53	2	1:10:20	24	5:19:13