



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Bremer, Heiko**

Club: Tri Team Senftenberg

Number: 140

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 18:59:45

Speed: 8.48 km/h

Running performance: 7:02 min/km

Rank in course/Total: 33 (of 397)

Rank in course/Men: 28 (of 313)

Best time in course: 13:17:41

Rank in category: 7(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	58:59	6:51	36	14:45	139	14:51	8.60	58:59	6:51	36	14:45	139	14:51
VP2 - East Side C	4.80	30:57	6:26	44	9:52	183	9:54	13.40	1:29:56	6:42	37	24:37	150	24:42
VP3 - Dammweg	5.80	38:34	6:38	26	8:46	106	9:22	19.20	2:08:30	6:41	32	33:23	126	33:39
VP4 - Johannisth	5.70	34:53	6:07	21	8:11	77	10:21	24.90	2:43:23	6:33	30	41:34	114	43:41
VP5 - Imbiß "Am	9.50	58:26	6:09	17	11:04	59	16:54	34.40	3:41:49	6:26	26	52:38	99	1:00:32
VP6 - Buckow	4.50	28:52	6:24	13	5:37	56	8:16	38.90	4:10:41	6:26	22	58:15	85	1:08:48
Control	7.60	47:18	6:13	11	6:36	48	13:16	46.50	4:57:59	6:24	18	1:04:48	75	1:22:04
VP8 - Osdorfer St	6.30	40:16	6:23	13	6:37	54	12:50	52.80	5:38:15	6:24	18	1:11:25	72	1:34:54
VP9 - Sportplatz	6.50	52:07	8:01	24	17:33	113	30:40	59.30	6:30:22	6:34	17	1:28:58	66	1:55:31
VP10 - Königswe	6.20	38:48	6:15	4	2:45	23	9:23	65.50	7:09:10	6:33	15	1:31:43	61	2:04:54
VP11 - Gedenkst	6.80	42:29	6:14	5	2:16	21	18:10	72.30	7:51:39	6:31	13	1:33:05	58	2:13:17
VP12 - Brauhaus	6.90	45:06	6:32	4	3:46	25	11:59	79.20	8:36:45	6:31	12	1:32:33	56	2:25:16
VP13 - Revierförs	5.70	38:10	6:41	6	3:31	22	8:07	84.90	9:14:55	6:32	11	58:20	48	2:33:23
VP14 - Schloss S	6.30	56:24	8:57	24	18:49	105	24:57	91.20	10:11:19	6:42	11	1:11:36	53	2:58:20
VP15 - Pagel & Fi	7.60	49:02	6:27	3	2:15	19	11:20	98.80	11:00:21	6:41	11	1:11:44	43	3:09:40
VP16 - Karolinenl	4.90	34:40	7:04	4	2:38	18	9:05	103.70	11:35:01	6:42	11	1:14:22	39	3:18:45
VP17 - Falkensee	6.50	45:23	6:58	4	3:04	20	12:52	110.20	12:20:24	6:43	10	1:17:26	34	3:31:37
VP18 - Schönwal	5.80	41:03	7:04	7	5:08	22	11:58	116.00	13:01:27	6:44	9	1:22:34	33	3:43:35
VP19 - Grenzturn	7.30	53:22	7:18	4	7:00	24	25:16	123.30	13:54:49	6:46	8	1:29:34	29	3:58:10
VP20 - Rudercluk	4.80	38:18	7:58	12	8:57	41	13:58	128.10	14:33:07	6:48	8	1:38:31	30	4:12:08
VP21 - Frohnau	4.10	48:39	11:51	28	22:52	135	26:00	132.20	15:21:46	6:58	8	2:01:23	33	4:38:08
VP22 - Naturschu	6.40	49:00	7:39	9	8:35	33	15:48	138.60	16:10:46	7:00	8	2:09:58	31	4:53:56
VP23 - Oranienbu	4.50	35:24	7:51	8	7:06	25	10:27	143.10	16:46:10	7:01	8	2:17:04	29	5:04:23
VP24 - Lauftreff l	5.30	42:10	7:57	6	9:43	27	13:56	148.40	17:28:20	7:03	8	2:26:47	30	5:18:19
VP25 - Wilhelmsr	5.70	44:19	7:46	5	8:32	27	14:18	154.10	18:12:39	7:05	8	2:35:19	29	5:32:37
VP26 - Wollankst	3.10	22:27	7:14	3	2:03	13	5:20	157.20	18:35:06	7:05	8	2:37:22	30	5:37:57
Friedrich-Ludwig	4.20	24:39	5:52	1	-	12	4:53	161.90	18:59:45	7:02	7	2:37:13	29	5:42:04