



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Bandowski, Dirk

Club: LG Kaufungen

Number: 144

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:08:55

Speed: 8.41 km/h

Running performance: 7:06 min/km

Rank in course/Total: 35 (of 397)

Rank in course/Men: 30 (of 313)

Best time in course: 13:17:41

Rank in category: 9(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	57:44	6:42	26	13:30	97	13:36	8.60	57:44	6:42	26	13:30	97	13:36
VP2 - East Side G	4.80	28:01	5:50	26	6:56	86	6:58	13.40	1:25:45	6:23	27	20:26	98	20:31
VP3 - Dammweg	5.80	37:07	6:23	23	7:19	82	7:55	19.20	2:02:52	6:23	25	27:45	93	28:01
VP4 - Johannisth	5.70	36:33	6:24	33	9:51	121	12:01	24.90	2:39:25	6:24	26	37:36	98	39:43
VP5 - Imbiß "Am	9.50	1:01:07	6:26	23	13:45	86	19:35	34.40	3:40:32	6:24	25	51:21	95	59:15
VP6 - Buckow	4.50	29:33	6:33	16	6:18	65	8:57	38.90	4:10:05	6:25	21	57:39	82	1:08:12
Control	7.60	48:58	6:26	14	8:16	69	14:56	46.50	4:59:03	6:25	19	1:05:52	76	1:23:08
VP8 - Osdorfer St	6.30	41:12	6:32	16	7:33	63	13:46	52.80	5:40:15	6:26	19	1:13:25	74	1:36:54
VP9 - Sportplatz	6.50	43:29	6:41	8	8:55	36	22:02	59.30	6:23:44	6:28	14	1:22:20	61	1:48:53
VP10 - Königswe	6.20	42:49	6:54	16	6:46	60	13:24	65.50	7:06:33	6:30	14	1:29:06	60	2:02:17
VP11 - Gedenkst	6.80	53:45	7:54	27	13:32	120	29:26	72.30	8:00:18	6:38	15	1:41:44	62	2:21:56
VP12 - Brauhaus	6.90	49:15	7:08	11	7:55	56	16:08	79.20	8:49:33	6:41	15	1:45:21	64	2:38:04
VP13 - Revierförs	5.70	43:31	7:38	18	8:52	72	13:28	84.90	9:33:04	6:44	13	1:16:29	62	2:51:32
VP14 - Schloss S	6.30	49:55	7:55	9	12:20	44	18:28	91.20	10:22:59	6:49	12	1:23:16	57	3:10:00
VP15 - Pagel & Fi	7.60	52:53	6:57	6	6:06	38	15:11	98.80	11:15:52	6:50	12	1:27:15	55	3:25:11
VP16 - Karolinenl	4.90	39:36	8:04	13	7:34	52	14:01	103.70	11:55:28	6:53	12	1:34:49	53	3:39:12
VP17 - Falkensee	6.50	47:21	7:17	11	5:02	37	14:50	110.20	12:42:49	6:55	12	1:39:51	50	3:54:02
VP18 - Schönwal	5.80	43:52	7:33	12	7:57	42	14:47	116.00	13:26:41	6:57	11	1:47:48	48	4:08:49
VP19 - Grenzturn	7.30	57:27	7:52	11	11:05	39	29:21	123.30	14:24:08	7:00	11	1:58:53	44	4:27:29
VP20 - Rudercluk	4.80	37:15	7:45	8	7:54	32	12:55	128.10	15:01:23	7:02	11	2:06:47	41	4:40:24
VP21 - Frohnau	4.10	32:48	8:00	2	7:01	11	10:09	132.20	15:34:11	7:03	11	2:13:48	39	4:50:33
VP22 - Naturschu	6.40	46:53	7:19	6	6:28	21	13:41	138.60	16:21:04	7:04	11	2:20:16	37	5:04:14
VP23 - Oranienbu	4.50	34:41	7:42	5	6:23	20	9:44	143.10	16:55:45	7:05	10	2:26:39	36	5:13:58
VP24 - Laufftreff l	5.30	41:54	7:54	4	9:27	25	13:40	148.40	17:37:39	7:07	10	2:36:06	33	5:27:38
VP25 - Wilhelmsr	5.70	42:34	7:28	2	6:47	18	12:33	154.10	18:20:13	7:08	10	2:42:53	33	5:40:11
VP26 - Wollankst	3.10	22:49	7:21	4	2:25	15	5:42	157.20	18:43:02	7:08	9	2:45:18	31	5:45:53
Friedrich-Ludwig	4.20	25:53	6:09	3	1:14	19	6:07	161.90	19:08:55	7:05	9	2:46:23	31	5:51:14