



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Knacksterdt, Achim**

Club: Die Bretzelwetzler

Number: 22

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:39:27

Speed: 8.19 km/h

Running performance: 7:17 min/km

Rank in course/Total: 45 (of 397)

Rank in course/Men: 37 (of 313)

Best time in course: 13:17:41

Rank in category: 12(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	50:32	5:52	11	6:18	34	6:24	8.60	50:32	5:52	11	6:18	34	6:24
VP2 - East Side G	4.80	25:41	5:21	10	4:36	38	4:38	13.40	1:16:13	5:41	11	10:54	34	10:59
VP3 - Dammweg	5.80	34:28	5:56	11	4:40	34	5:16	19.20	1:50:41	5:45	11	15:34	36	15:50
VP4 - Johannisth	5.70	32:48	5:45	13	6:06	45	8:16	24.90	2:23:29	5:45	10	21:40	36	23:47
VP5 - Imbiß "Am	9.50	58:19	6:08	15	10:57	56	16:47	34.40	3:21:48	5:51	11	32:37	34	40:31
VP6 - Buckow	4.50	30:35	6:47	20	7:20	78	9:59	38.90	3:52:23	5:58	13	39:57	42	50:30
Control	7.60	57:44	7:35	47	17:02	199	23:42	46.50	4:50:07	6:14	15	56:56	60	1:14:12
VP8 - Osdorfer St	6.30	45:47	7:16	30	12:08	137	18:21	52.80	5:35:54	6:21	17	1:09:04	62	1:32:33
VP9 - Sportplatz	6.50	54:33	8:23	32	19:59	140	33:06	59.30	6:30:27	6:35	18	1:29:03	67	1:55:36
VP10 - Königswe	6.20	44:55	7:14	22	8:52	90	15:30	65.50	7:15:22	6:38	17	1:37:55	67	2:11:06
VP11 - Gedenkst	6.80	54:44	8:02	34	14:31	139	30:25	72.30	8:10:06	6:46	17	1:51:32	70	2:31:44
VP12 - Brauhaus	6.90	54:29	7:53	27	13:09	115	21:22	79.20	9:04:35	6:52	17	2:00:23	71	2:53:06
VP13 - Revierförs	5.70	42:28	7:27	14	7:49	64	12:25	84.90	9:47:03	6:54	15	1:30:28	67	3:05:31
VP14 - Schloss S	6.30	58:09	9:13	27	20:34	117	26:42	91.20	10:45:12	7:04	16	1:45:29	70	3:32:13
VP15 - Pagel & Fi	7.60	55:54	7:21	12	9:07	59	18:12	98.80	11:41:06	7:05	14	1:52:29	69	3:50:25
VP16 - Karolinenl	4.90	40:07	8:11	15	8:05	55	14:32	103.70	12:21:13	7:08	14	2:00:34	69	4:04:57
VP17 - Falkensee	6.50	46:39	7:10	8	4:20	33	14:08	110.20	13:07:52	7:08	14	2:04:54	61	4:19:05
VP18 - Schönwal	5.80	40:46	7:01	6	4:51	21	11:41	116.00	13:48:38	7:08	14	2:09:45	56	4:30:46
VP19 - Grenzturn	7.30	52:52	7:14	3	6:30	22	24:46	123.30	14:41:30	7:08	13	2:16:15	50	4:44:51
VP20 - Rudercluk	4.80	37:22	7:47	9	8:01	33	13:02	128.10	15:18:52	7:10	13	2:24:16	49	4:57:53
VP21 - Frohnau	4.10	36:01	8:47	7	10:14	31	13:22	132.20	15:54:53	7:13	13	2:34:30	46	5:11:15
VP22 - Naturschu	6.40	46:39	7:17	5	6:14	20	13:27	138.60	16:41:32	7:13	13	2:40:44	46	5:24:42
VP23 - Oranienbu	4.50	34:18	7:37	3	6:00	18	9:21	143.10	17:15:50	7:14	13	2:46:44	44	5:34:03
VP24 - Laufftreff l	5.30	43:04	8:07	9	10:37	34	14:50	148.40	17:58:54	7:16	13	2:57:21	44	5:48:53
VP25 - Wilhelmsr	5.70	44:54	7:52	7	9:07	32	14:53	154.10	18:43:48	7:17	13	3:06:28	42	6:03:46
VP26 - Wollankst	3.10	24:31	7:54	10	4:07	25	7:24	157.20	19:08:19	7:18	12	3:10:35	39	6:11:10
Friedrich-Ludwig	4.20	31:08	7:24	16	6:29	65	11:22	161.90	19:39:27	7:17	12	3:16:55	38	6:21:46