



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

Lam, Otto

Club: B2B Challengers Club

Number: 184

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:41:46

Speed: 8.17 km/h

Running performance: 7:18 min/km

Rank in course/Total: 46 (of 397)

Rank in course/Men: 38 (of 313)

Best time in course: 13:17:41

Rank in category: 13(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
VP1 - Checkpoint	8.60	49:38	5:46	7	5:24	26	5:30	8.60	49:38	5:46	7	5:24	26	5:30			
VP2 - East Side G	4.80	26:35	5:32	16	5:30	51	5:32	13.40	1:16:13	5:41	11	10:54	34	10:59			
VP3 - Dammweg	5.80	35:49	6:10	16	6:01	56	6:37	19.20	1:52:02	5:50	14	16:55	40	17:11			
VP4 - Johannisth	5.70	33:12	5:49	15	6:30	49	8:40	24.90	2:25:14	5:49	11	23:25	38	25:32			
VP5 - Imbiß "Am	9.50	57:26	6:02	13	10:04	48	15:54	34.40	3:22:40	5:53	12	33:29	38	41:23			
VP6 - Buckow	4.50	27:26	6:05	8	4:11	36	6:50	38.90	3:50:06	5:54	11	37:40	38	48:13			
Control	7.60	48:00	6:18	12	7:18	59	13:58	46.50	4:38:06	5:58	12	44:55	41	1:02:11			
VP8 - Osdorfer St	6.30	38:44	6:08	11	5:05	43	11:18	52.80	5:16:50	6:00	10	50:00	39	1:13:29			
VP9 - Sportplatz	6.50	44:42	6:52	9	10:08	43	23:15	59.30	6:01:32	6:05	9	1:00:08	40	1:26:41			
VP10 - Königswe	6.20	39:50	6:25	7	3:47	30	10:25	65.50	6:41:22	6:07	9	1:03:55	37	1:37:06			
VP11 - Gedenkst	6.80	48:54	7:11	11	8:41	62	24:35	72.30	7:30:16	6:13	10	1:11:42	41	1:51:54			
VP12 - Brauhaus	6.90	48:55	7:05	10	7:35	54	15:48	79.20	8:19:11	6:18	10	1:14:59	41	2:07:42			
VP13 - Revierförs	5.70	42:33	7:27	15	7:54	65	12:30	84.90	9:01:44	6:22	9	45:09	39	2:20:12			
VP14 - Schloss S	6.30	50:02	7:56	10	12:27	48	18:35	91.20	9:51:46	6:29	9	52:03	36	2:38:47			
VP15 - Pagel & Fi	7.60	59:57	7:53	20	13:10	94	22:15	98.80	10:51:43	6:35	9	1:03:06	36	3:01:02			
VP16 - Karolinenl	4.90	42:44	8:43	20	10:42	79	17:09	103.70	11:34:27	6:41	10	1:13:48	38	3:18:11			
VP17 - Falkensee	6.50	54:24	8:22	23	12:05	95	21:53	110.20	12:28:51	6:47	11	1:25:53	41	3:40:04			
VP18 - Schönwal	5.80	1:00:18	10:23	41	24:23	197	31:13	116.00	13:29:09	6:58	12	1:50:16	51	4:11:17			
VP19 - Grenzturn	7.30	57:12	7:50	9	10:50	35	29:06	123.30	14:26:21	7:01	12	2:01:06	46	4:29:42			
VP20 - Rudercluk	4.80	38:13	7:57	11	8:52	39	13:53	128.10	15:04:34	7:03	12	2:09:58	43	4:43:35			
VP21 - Frohnau	4.10	39:12	9:33	12	13:25	52	16:33	132.20	15:43:46	7:08	12	2:23:23	43	5:00:08			
VP22 - Naturschu	6.40	49:57	7:48	12	9:32	41	16:45	138.60	16:33:43	7:10	12	2:32:55	43	5:16:53			
VP23 - Oranienbu	4.50	34:07	7:34	2	5:49	17	9:10	143.10	17:07:50	7:10	12	2:38:44	42	5:26:03			
VP24 - Laufftreff l	5.30	42:53	8:05	8	10:26	31	14:39	148.40	17:50:43	7:12	11	2:49:10	39	5:40:42			
VP25 - Wilhelmsr	5.70	51:03	8:57	21	15:16	77	21:02	154.10	18:41:46	7:16	11	3:04:26	39	6:01:44			
VP26 - Wollankst	3.10	27:46	8:57	16	7:22	58	10:39	157.20	19:09:32	7:18	13	3:11:48	40	6:12:23			
Friedrich-Ludwig	4.20	32:14	7:40	23	7:35	92	12:28	161.90	19:41:46	7:17	13	3:19:14	39	6:24:05			