



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

Rasmussen, Jens

Club: Holstebro

Number: 136

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M40 (40-44 Jahre)

Total time: 20:39:49

Speed: 7.79 km/h

Running performance: 7:40 min/km

Rank in course/Total: 64 (of 397)

Rank in course/Men: 53 (of 313)

Best time in course: 13:17:41

Rank in category: 9(of 38)

Best time in the category: 15:13:41

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	1:04:33	7:30	27	20:25	208	20:25	8.60	1:04:33	7:30	27	20:25	208	20:25
VP2 - East Side G	4.80	31:08	6:29	27	9:56	190	10:05	13.40	1:35:41	7:08	26	30:21	201	30:27
VP3 - Dammweg	5.80	38:43	6:40	19	8:54	113	9:31	19.20	2:14:24	7:00	24	39:15	183	39:33
VP4 - Johannisth	5.70	36:19	6:22	16	10:03	115	11:47	24.90	2:50:43	6:51	23	49:18	167	51:01
VP5 - Imbiß "Am	9.50	1:05:04	6:50	21	20:53	143	23:32	34.40	3:55:47	6:51	23	1:10:11	160	1:14:30
VP6 - Buckow	4.50	30:12	6:42	12	8:35	71	9:36	38.90	4:25:59	6:50	21	1:18:46	146	1:24:06
Control	7.60	51:40	6:47	18	15:01	101	17:38	46.50	5:17:39	6:49	20	1:33:47	136	1:41:44
VP8 - Osdorfer St	6.30	41:55	6:39	11	11:42	76	14:29	52.80	5:59:34	6:48	18	1:45:29	121	1:56:13
VP9 - Sportplatz	6.50	45:15	6:57	8	13:03	50	23:48	59.30	6:44:49	6:49	15	1:58:32	99	2:09:58
VP10 - Königswe	6.20	46:39	7:31	17	14:09	123	17:14	65.50	7:31:28	6:53	13	2:12:41	94	2:27:12
VP11 - Gedenkst	6.80	56:36	8:19	24	21:30	165	32:17	72.30	8:28:04	7:01	17	2:34:11	101	2:49:42
VP12 - Brauhaus	6.90	50:46	7:21	13	12:12	70	17:39	79.20	9:18:50	7:03	15	2:46:23	94	3:07:21
VP13 - Revierförs	5.70	51:29	9:01	25	19:03	189	21:26	84.90	10:10:19	7:11	16	3:05:26	99	3:28:47
VP14 - Schloss S	6.30	45:59	7:17	5	12:23	31	14:32	91.20	10:56:18	7:11	13	3:17:49	83	3:43:19
VP15 - Pagel & Fi	7.60	53:42	7:03	9	12:23	45	16:00	98.80	11:50:00	7:11	12	3:30:12	74	3:59:19
VP16 - Karolinenl	4.90	38:38	7:53	8	7:45	43	13:03	103.70	12:28:38	7:13	10	3:37:57	70	4:12:22
VP17 - Falkensee	6.50	48:30	7:27	7	11:18	47	15:59	110.20	13:17:08	7:14	10	3:49:15	68	4:28:21
VP18 - Schönwal	5.80	46:26	8:00	9	14:11	63	17:21	116.00	14:03:34	7:16	10	4:02:30	68	4:45:42
VP19 - Grenzturn	7.30	1:11:27	9:47	19	24:26	139	43:21	123.30	15:15:01	7:25	10	4:23:37	67	5:18:22
VP20 - Rudercluk	4.80	40:36	8:27	11	11:36	59	16:16	128.10	15:55:37	7:27	10	4:35:13	65	5:34:38
VP21 - Frohnau	4.10	43:25	10:35	12	15:51	95	20:46	132.20	16:39:02	7:33	10	4:45:15	65	5:55:24
VP22 - Naturschu	6.40	50:52	7:56	4	14:55	48	17:40	138.60	17:29:54	7:34	10	4:59:46	65	6:13:04
VP23 - Oranienbu	4.50	39:19	8:44	5	10:39	45	14:22	143.10	18:09:13	7:36	9	5:10:25	61	6:27:26
VP24 - Laufftreff l	5.30	42:58	8:06	3	11:47	32	14:44	148.40	18:52:11	7:37	9	5:18:06	54	6:42:10
VP25 - Wilhelmsr	5.70	44:59	7:53	3	9:05	34	14:58	154.10	19:37:10	7:38	9	5:25:00	53	6:57:08
VP26 - Wollankst	3.10	26:27	8:31	3	7:44	42	9:20	157.20	20:03:37	7:39	9	5:15:48	54	7:06:28
Friedrich-Ludwig	4.20	36:12	8:37	20	12:29	137	16:26	161.90	20:39:49	7:39	9	5:26:08	54	7:22:08