



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

Detailed evaluation

Heinlein, Marika

Club: 1. FC Geesdorf

Number: 3

Course: 160.90 km

100MeilenBerlin

Category:

Gesamt

Total time: 17:49:05

Speed: 8.98 km/h

Running performance: 6:38 min/km

Rank in course/Total: 5 (of 92)

Rank in course/Total: 5 (of 92)

Best time in course: 16:22:17

Rank in category: 5(of 92)

Best time in the category: 16:22:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Cat.	Total	Total				Cat.	Cat.	Total	Total
Klein-Ziethener-V	22.20	2:10:00	5:51	11	11:39	11	11:39	22.20	2:10:00	5:51	59		59	
Osdorfer Straße	20.40	2:01:10	5:56	10	16:10	10	16:10	42.60	4:11:10	5:53	59		59	
Bahnhof Griebnit	19.70	2:01:06	6:08	7	29:19	7	29:19	62.30	6:12:16	5:58	59		59	
Kladower Straße	20.30	2:14:16	6:36	10	13:32	10	13:32	82.60	8:26:32	6:07	55		55	
Gartenlaube	10.20	1:06:59	6:34	6	4:34	6	4:34	92.80	9:33:31	6:10	56		56	
Lauftreff Schönw	12.50	1:22:41	6:36	5	4:59	5	4:59	105.30	10:56:12	6:13	58		58	
Ruderclub Oberh	12.30	1:23:06	6:45	7	43:58	7	43:58	117.60	12:19:18	6:17	57		57	
Hattwichstraße	15.40	1:53:14	7:21	8	1:14:06	8	1:14:06	133.00	14:12:32	6:24	55	14:12:32	55	14:12:32
Gedenkstätte	19.50	2:31:04	7:44	8	1:51:56	8	1:51:56	152.50	16:43:36	6:34	55	16:43:36	55	16:43:36
Stadion Lobeckst	8.40	1:05:29	7:47	9	6:16	9	6:16	160.90	17:49:05	6:38	5	1:26:48	5	1:26:48