



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

Detailed evaluation

von Kocemba, Rosemarie

Club: TuS Holtenau

Number: 103

Course: 160.90 km

100MeilenBerlin

Category:

Gesamt

Total time: 29:11:30

Speed: 5.48 km/h

Running performance: 10:53 min/km

Rank in course/Total: 70 (of 92)

Rank in course/Total: 69 (of 92)

Best time in course: 16:22:17

Rank in category: 69(of 92)

Best time in the category: 16:22:17

Control	Intermediate times			Stage score				Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Klein-Ziethener-V	22.20	3:09:52	8:33	85	1:11:31	85	1:11:31	22.20	3:09:52	8:33	33	41:20	33	41:20
Osdorfer Straße	20.40	2:54:49	8:34	81	1:09:49	81	1:09:49	42.60	6:04:41	8:33	33	1:00:50	33	1:00:50
Bahnhof Griebnit	19.70	3:11:44	9:43	72	1:39:57	72	1:39:57	62.30	9:16:25	8:55	33	1:29:27	33	1:29:27
Kladower Straße	20.30	3:27:40	10:13	69	1:26:56	69	1:26:56	82.60	12:44:05	9:15	30	2:33:21	30	2:33:21
Gartenlaube	10.20	1:47:36	10:32	58	45:11	58	45:11	92.80	14:31:41	9:23	21	1:07:41	21	1:07:41
Lauftreff Schönw	12.50	2:24:37	11:34	71	1:06:55	71	1:06:55	105.30	16:56:18	9:39	22	2:55:19	22	2:55:19
Ruderclub Oberh	12.30	2:26:11	11:53	66	1:47:03	66	1:47:03	117.60	19:22:29	9:53	82	1:40:17	82	1:40:17
Hattwichstraße	15.40	3:59:37	15:33	81	3:20:29	81	3:20:29	133.00	23:22:06	10:32	78	23:22:06	78	23:22:06
Gedenkstätte	19.50	3:47:37	11:40	54	3:08:29	54	3:08:29	152.50	27:09:43	10:41	78	27:09:43	78	27:09:43
Stadion Lobeckst	8.40	2:01:47	14:29	67	1:02:34	67	1:02:34	160.90	29:11:30	10:53	69	12:49:13	69	12:49:13