



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Hoffmann, Sigrid

Club: LG Westerwald

Number: 166

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 20:53:09

Speed: 7.66 km/h

Running performance: 7:47 min/km

Rank in course/Total: 30 (of 221)

Rank in course/Women: 4 (of 28)

Best time in course: 17:13:09

Rank in category: 2(of 12)

Best time in the category: 17:13:09

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.	Women	Cat.	Women				Cat.	Women	Cat.	Women
km 6,28 Gedenk	6.28	41:54	6:40	4	2:33	6	2:38	6.28	41:54	6:40	4	2:33	6	2:38
km 11,32 Behms	5.04	31:01	6:09	5	3:54	7	3:54	11.32	1:12:55	6:26	5	6:27	7	6:27
km 22,10 Lübars	10.78	1:09:33	6:27	3	9:20	5	10:14	22.10	2:22:28	6:26	3	15:47	5	16:14
km 32,52 Naturs	10.42	1:10:54	6:48	3	9:04	5	9:04	32.52	3:33:22	6:33	3	24:51	5	24:51
km 43,36 Ruderc	10.84	1:16:52	7:05	4	10:45	6	10:45	43.36	4:50:14	6:41	3	35:36	5	35:36
km 55,35 Schönv	11.99	1:17:28	6:27	2	1:48	4	2:28	55.35	6:07:42	6:38	3	37:24	5	37:24
km 68,07 Garten	12.72	1:32:27	7:16	3	10:58	5	10:58	68.07	7:40:09	6:45	3	48:22	5	48:22
km 80,53 Schloß	12.46	1:53:08	9:04	5	34:04	9	34:04	80.53	9:33:17	7:07	3	1:22:26	5	1:22:26
km 99,65 Geden	19.12	2:19:48	7:18	2	18:02	4	23:28	99.65	11:53:05	7:09	3	1:40:28	5	1:40:28
km 112,75 Sport	13.10	2:09:19	9:52	6	37:28	10	37:28	112.75	14:02:24	7:28	4	2:17:56	6	2:17:56
km 124,92 Lichte	12.17	1:54:08	9:22	3	29:09	5	29:09	124.92	15:56:32	7:39	4	2:47:05	6	2:47:05
km 134,98 Buck	10.06	1:20:02	7:57	2	15:41	3	15:41	134.98	17:16:34	7:40	4	3:02:46	6	3:02:46
Test	9.89	1:29:19	9:01	3	17:10	5	17:10	144.87	18:45:53	7:46	4	3:19:56	6	3:19:56
Stadion Lobeckst	16.01	2:07:16	7:56	2	20:04	2	20:04	160.90	20:53:09	7:47	2	3:40:00	4	3:40:00