



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

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Club: Dubai Creek Striders

Number: 140

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 21:29:44

Speed: 7.44 km/h

Running performance: 8:01 min/km

Rank in course/Total: 58 (of 246)

Rank in course/Women: 4 (of 35)

Best time in course: 18:16:29

Rank in category: 3(of 10)

Best time in the category: 18:16:29

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
VP1 - Mahnmal P	9.02	57:37	6:23	2	1:55	3	6:05	9.02	57:37	6:23	2	1:55	3	6:05
VP2 - Schlesische	5.98	34:03	5:41	1	-	2	1:04	15.00	1:31:40	6:06	2	0:43	3	7:09
VP3 - Sonnenalle	6.00	36:03	6:00	3	1:04	5	2:34	21.00	2:07:43	6:04	3	0:42	4	9:43
VP4 - Stubenrauc	5.73	35:17	6:09	4	2:34	6	3:55	26.73	2:43:00	6:05	3	3:16	4	13:38
VP5 - U-Bahnhof	4.30	30:47	7:09	4	2:58	7	4:12	31.03	3:13:47	6:14	4	6:14	6	17:50
VP6 - Buckower I	5.40	35:11	6:30	3	0:30	5	2:37	36.43	3:48:58	6:17	3	6:44	5	20:27
VP7 - Kirchhainer	5.54	37:34	6:46	4	4:32	6	4:38	41.97	4:26:32	6:21	4	11:16	5	25:05
VP8 - Lichtenradi	4.42	29:43	6:43	3	3:20	4	3:28	46.39	4:56:15	6:23	4	14:36	5	28:33
VP9 - Osdorfer St	5.77	41:26	7:10	5	6:19	7	6:32	52.16	5:37:41	6:28	4	20:55	6	35:05
VP10 - Sportplatz	6.41	45:20	7:04	3	5:16	4	5:16	58.57	6:23:01	6:32	3	26:11	4	36:36
VP11 - Königsweg	6.18	46:13	7:28	6	6:24	8	7:35	64.75	7:09:14	6:37	3	32:35	4	44:11
VP12 - Gedenkst	6.18	51:03	8:15	6	7:34	7	7:34	70.93	8:00:17	6:46	4	40:09	5	48:56
VP13 - Brauhaus	6.84	49:42	7:15	4	6:55	5	6:55	77.77	8:49:59	6:48	4	47:04	5	50:20
VP14 - Revierförs	6.06	49:32	8:10	4	8:58	9	9:06	83.83	9:39:31	6:54	4	56:02	5	59:26
VP15 - Schloß Sa	6.20	51:09	8:15	2	4:35	3	4:35	90.03	10:30:40	7:00	4	1:00:37	5	1:01:07
VP16 - Pagel & Fi	7.63	1:06:11	8:40	6	16:51	11	16:51	97.66	11:36:51	7:08	4	1:17:28	5	1:17:28
VP17 - Wilhelmst	4.84	41:58	8:40	5	8:59	9	8:59	102.50	12:18:49	7:12	4	1:26:27	5	1:26:27
VP18 - Falkensee	6.58	58:31	8:53	5	13:49	13	13:49	109.08	13:17:20	7:18	4	1:40:16	5	1:40:16
VP19 - Schönwal	5.70	47:18	8:17	3	5:16	4	5:16	114.78	14:04:38	7:21	4	1:45:32	5	1:45:32
VP20 - Grenzturn	7.53	1:09:44	9:15	5	14:49	10	21:17	122.31	15:14:22	7:28	4	2:00:21	5	2:00:21
VP21 - Ruderclub	4.78	47:25	9:55	2	7:09	5	7:09	127.09	16:01:47	7:34	4	2:07:30	5	2:07:30
VP22 - Frohnau (4.03	40:02	9:56	3	9:53	9	9:53	131.12	16:41:49	7:38	4	2:17:23	5	2:17:23
VP23 - Naturschu	6.78	1:06:59	9:52	5	14:37	12	14:37	137.90	17:48:48	7:45	3	2:32:00	4	2:32:00
VP24 - Oranienbu	4.75	47:06	9:54	2	8:34	8	8:34	142.65	18:35:54	7:49	3	2:40:34	4	2:40:34
VP25 - Lübars	5.69	52:08	9:09	2	5:46	6	6:41	148.34	19:28:02	7:52	3	2:46:20	4	2:46:20
VP26 - S-Bahnhö	5.71	56:50	9:57	3	11:50	9	12:41	154.05	20:24:52	7:57	3	2:58:10	4	2:58:10
VP27 - Wollankst	3.09	24:28	7:55	5	5:47	15	7:29	157.14	20:49:20	7:57	3	3:03:57	4	3:03:57
Friedrich-Ludwig	3.76	40:24	10:44	5	9:18	14	14:18	160.90	21:29:44	8:00	3	3:13:15	4	3:13:15