



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Kiel, Silke

Club: Laufteam Fürth 2010

Number: 195

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 22:46:29

Speed: 7.03 km/h

Running performance: 8:29 min/km

Rank in course/Total: 86 (of 246)

Rank in course/Women: 6 (of 35)

Best time in course: 18:16:29

Rank in category: 2(of 7)

Best time in the category: 18:59:19

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