



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Zuschlag, Daniela

Club: Dortmund

Number: 15

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 22:55:33

Speed: 6.98 km/h

Running performance: 8:33 min/km

Rank in course/Total: 94 (of 246)

Rank in course/Women: 7 (of 35)

Best time in course: 18:16:29

Rank in category: 1(of 2)

Best time in the category: 22:55:33

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