



100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Jessen, Berit

Club: Berits L?beskole

Number: 139

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 22:55:48

Speed: 6.98 km/h

Running performance: 8:33 min/km

Rank in course/Total: 95 (of 246)

Rank in course/Women: 8 (of 35)

Best time in course: 18:16:29

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