



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

**Balke, Cornelia**

Club: LG Mauerweg Berlin

Number: 58

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 23:33:42

Speed: 6.79 km/h

Running performance: 8:47 min/km

Rank in course/Total: 114 (of 246)

Rank in course/Women: 9 (of 35)

Best time in course: 18:16:29

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