



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

von Bronk, Claudia

Club: Langenhagen

Number: 144

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 26:48:27

Speed: 5.97 km/h

Running performance: 10:00 min/km

Rank in course/Total: 177 (of 246)

Rank in course/Women: 23 (of 35)

Best time in course: 18:16:29

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