



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Rau, Miriam

Club: SSV Lichtenrade Berlin

Number: 91

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 28:58:53

Speed: 5.52 km/h

Running performance: 10:49 min/km

Rank in course/Total: 200 (of 246)

Rank in course/Women: 27 (of 35)

Best time in course: 18:16:29

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