



# 100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

## Detailed evaluation

**Seidel, Grit**

Club: LG Nord Berlin Ultrateam  
Number: 266

Course: 160.90 km  
100MeilenBerlin

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 18:16:29

Speed: 8.76 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 23 (of 246)

Rank in course/Women: 1 (of 35)

Best time in course: 18:16:29

Rank in category: 1(of 10)

Best time in the category: 18:16:29

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