



100MeilenBerlin □ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

Rohwedder, Cornelia

Club: 100 MC / LG Mauerweg e.V./ TEA

Number: 119

Course: 161.85 km

100MeilenBerlin

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 26:31:48

Speed: 6.07 km/h

Running performance: 9:50 min/km

Rank in course/Total: 145 (of 296)

Rank in course/Women: 17 (of 49)

Best time in course: 15:57:39

Rank in category: 4(of 7)

Best time in the category: 19:29:40

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 - S-Bahnhof	6.93	45:54	6:37	5	7:23	18	7:45	6.93	45:54	6:37	5	7:23	18	7:45
VP2 - Laufftreff Li	5.70	36:14	6:21	3	4:10	11	4:10	12.63	1:22:08	6:30	4	11:33	14	11:33
VP3 - Oranienbur	5.47	32:33	5:57	3	2:52	6	3:16	18.10	1:54:41	6:20	3	14:25	10	14:38
VP4 - Naturschut	4.97	37:22	7:31	4	8:06	18	9:14	23.07	2:32:03	6:35	4	22:31	12	23:52
VP5 - Frohnau	6.80	44:07	6:29	3	6:10	8	7:24	29.87	3:16:10	6:34	3	28:41	10	31:16
VP6 - Ruderclub	4.06	44:26	10:56	7	18:53	44	22:26	33.93	4:00:36	7:05	4	44:49	19	53:42
VP7 - Grenzturm	4.75	1:34:24	19:52	7	1:05:56	48	1:08:45	38.68	5:35:00	8:39	7	1:50:45	44	2:02:27
VP8 - Schönwald	7.53	58:19	7:44	4	10:18	18	16:43	46.21	6:33:19	8:30	6	1:59:38	40	2:19:10
VP9 - Falkenseer	5.69	45:48	8:02	4	9:16	16	13:51	51.90	7:19:07	8:27	5	2:02:40	34	2:33:01
VP10 - Karolinenl	6.60	1:04:00	9:41	5	20:27	31	26:45	58.50	8:23:07	8:36	5	2:23:07	33	2:59:46
VP11 - Pagel & Fi	4.90	44:48	9:08	4	10:52	19	17:00	63.40	9:07:55	8:38	4	2:33:44	31	3:16:46
VP12 - Schloss S	7.62	1:18:37	10:19	4	24:41	19	34:51	71.02	10:26:32	8:49	4	2:58:25	30	3:51:37
VP13 - Revierförs	6.21	56:44	9:08	4	15:08	23	20:01	77.23	11:23:16	8:50	4	3:09:09	30	4:11:38
VP14 - Brauhaus	6.00	48:17	8:02	4	8:45	8	10:57	83.23	12:11:33	8:47	4	3:14:29	26	4:22:35
VP15 - Gedenkst.	6.90	1:00:01	8:41	4	12:03	16	21:26	90.13	13:11:34	8:46	4	3:26:32	24	4:44:01
VP16 - Königswe	6.87	1:01:35	8:57	4	11:17	13	20:00	97.00	14:13:09	8:47	4	3:37:49	21	5:04:01
VP17 - Sportplatz	6.20	1:19:20	12:47	5	33:52	24	44:21	103.20	15:32:29	9:02	4	4:11:41	22	5:48:22
VP18 - Osdorfer	6.49	1:09:03	10:38	4	23:48	23	29:35	109.69	16:41:32	9:07	4	4:30:44	21	6:10:28
VP19 - Lichtenra	5.71	1:01:22	10:44	5	21:16	25	25:17	115.40	17:42:54	9:12	4	4:48:09	21	6:35:45
VP20 - Kirchhain	4.35	50:48	11:40	5	16:30	18	23:55	119.75	18:33:42	9:18	4	5:04:39	21	6:59:40
VP21 - Buckow	6.15	1:02:47	10:12	5	13:02	17	26:11	125.90	19:36:29	9:20	4	5:17:41	21	7:25:51
VP22 - Rudow	4.97	1:01:29	12:22	6	18:16	27	29:20	130.87	20:37:58	9:27	4	5:35:57	19	7:55:11
VP23 - Johannistl	5.89	1:13:22	12:27	4	32:33	24	35:51	136.76	21:51:20	9:35	4	5:59:07	18	8:31:02
VP24 - Dammwe	5.64	59:14	10:30	4	12:58	13	23:38	142.40	22:50:34	9:37	4	6:12:02	18	8:54:40
VP25 - Eas Side	6.33	1:11:02	11:13	4	14:07	17	30:56	148.73	24:01:36	9:41	4	6:26:09	17	9:25:36
VP26 - Checkpoir	4.22	43:02	10:11	3	8:12	16	16:53	152.95	24:44:38	9:42	4	6:34:21	17	9:42:29
VP27 - Gedenkst.	4.12	51:57	12:36	6	15:24	28	24:25	157.07	25:36:35	9:46	4	6:46:43	17	10:06:54
Friedrich-Ludwig	4.78	55:13	11:33	7	18:41	32	27:15	161.85	26:31:48	9:50	4	7:02:08	17	10:34:09