



100MeilenBerlin ☐ Der Mauerweglauf

Berlin / 15.08.2015

Detailed evaluation

KASIERSKA, EWA KATARZYNA

Club: WKB META LUBLINIEC
Number: 227

Course: 161.85 km
100MeilenBerlin

Category:
Seniorinnen W65 (65-69 Jahre)

Total time: 29:49:25

Speed: 5.40 km/h
Running performance: 11:04 min/km

Rank in course/Total: 211 (of 296)

Rank in course/Women: 32 (of 49)

Best time in course: 15:57:39

Rank in category: 1(of 1)

Best time in the category: 29:49:25

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