



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Tsang, Gigi

Club: Dubai Creek Striders

Number: 316

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 19:53:13

Speed: 8.10 km/h

Running performance: 7:22 min/km

Rank in course/Total: 29 (of 319)

Rank in course/Women: 5 (of 62)

Best time in course: 17:03:32

Rank in category: 2(of 17)

Best time in the category: 17:03:32

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 - Brandenbu	7.30	45:49	6:16	4	4:51	9	4:51	7.30	45:49	6:16	4	4:51	9	4:51
VP2 - East Side C	6.46	40:42	6:18	4	5:54	8	5:54	13.76	1:26:31	6:17	4	10:45	10	10:45
VP3 - Dammweg	5.90	34:19	5:48	3	3:22	5	3:22	19.66	2:00:50	6:08	4	14:07	7	14:07
VP4 - Johannisth	5.64	33:21	5:54	3	3:30	6	3:30	25.30	2:34:11	6:05	4	17:37	7	17:37
VP5 - U-Bahnhof	5.90	36:30	6:11	3	4:46	6	4:46	31.20	3:10:41	6:06	4	22:23	6	22:23
VP6 - Buckow	4.92	33:44	6:51	4	5:49	12	5:49	36.12	3:44:25	6:12	4	28:12	7	28:12
VP7 - Kirchhainer	6.17	41:19	6:41	4	5:58	12	5:58	42.29	4:25:44	6:17	4	34:10	7	34:10
VP8 - Lichtenrad	4.37	29:59	6:51	4	6:15	15	6:15	46.66	4:55:43	6:20	4	40:25	8	40:25
VP9 - Osdorfer St	5.71	38:58	6:49	4	5:58	14	6:56	52.37	5:34:41	6:23	4	46:23	9	46:23
VP10 - Sportplatz	6.50	45:42	7:01	4	9:16	10	9:16	58.87	6:20:23	6:27	4	54:50	9	54:50
VP11 - Königsw	6.22	42:45	6:52	4	5:49	6	5:49	65.09	7:03:08	6:30	4	55:21	7	55:21
VP12 - Gedenkst	6.85	49:00	7:09	3	8:00	5	8:00	71.94	7:52:08	6:33	4	1:00:01	7	1:00:01
VP13 - Brauhaus	6.88	50:17	7:18	4	7:00	7	7:00	78.82	8:42:25	6:37	4	1:03:26	6	1:03:26
VP14 - Revierförs	5.70	41:50	7:20	3	2:26	3	2:26	84.52	9:24:15	6:40	4	1:01:50	6	1:01:50
VP15 - Schloss S	6.24	46:32	7:27	3	6:17	5	6:17	90.76	10:10:47	6:43	4	1:08:07	6	1:08:07
VP16 - Pagel & Fi	7.60	55:55	7:21	2	3:15	3	3:15	98.36	11:06:42	6:46	4	1:11:22	6	1:11:22
VP17 - Karolinenl	4.91	41:36	8:28	4	10:18	13	10:18	103.27	11:48:18	6:51	4	1:21:40	6	1:21:40
VP18 - Falkensee	6.60	51:04	7:44	3	9:51	7	9:51	109.87	12:39:22	6:54	4	1:31:31	6	1:31:31
VP19 - Schönwal	5.95	41:00	6:53	1	-	2	3:11	115.82	13:20:22	6:54	4	1:29:07	6	1:29:07
VP20 - Grenzturn	7.60	1:02:16	8:11	2	13:51	4	13:51	123.42	14:22:38	6:59	4	1:42:58	7	1:42:58
VP21 - Ruderclub	4.78	37:06	7:45	2	4:12	4	4:12	128.20	14:59:44	7:01	4	1:47:10	7	1:47:10
VP22 - Frohnau	4.07	38:04	9:21	5	11:25	15	11:48	132.27	15:37:48	7:05	4	1:58:35	7	1:58:35
VP23 - Naturschu	6.61	1:02:08	9:23	3	15:37	10	16:04	138.88	16:39:56	7:11	4	2:14:12	7	2:14:12
VP24 - Oranienbu	4.98	44:48	8:59	2	11:08	8	11:08	143.86	17:24:44	7:15	4	2:25:20	7	2:25:20
VP25 - Laufftreff l	5.34	48:33	9:05	2	10:17	11	12:29	149.20	18:13:17	7:19	3	2:35:37	6	2:35:37
VP26 - Wilhelmsr	5.72	46:10	8:04	4	8:14	7	8:14	154.92	18:59:27	7:21	2	2:43:51	5	2:43:51
VP27 - Wollankst	3.02	26:27	8:45	2	2:55	6	5:03	157.94	19:25:54	7:22	2	2:46:46	5	2:46:46
Friedrich-Ludwig	3.96	27:19	6:53	2	2:55	4	5:08	161.90	19:53:13	7:22	2	2:49:41	5	2:49:41