



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Sander-Rummel, Regine

Club: Mülheim

Number: 323

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 22:39:33

Speed: 7.11 km/h

Running performance: 8:24 min/km

Rank in course/Total: 70 (of 319)

Rank in course/Women: 12 (of 62)

Best time in course: 17:03:32

Rank in category: 1(of 13)

Best time in the category: 22:39:33

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 - Brandenbu	7.30	53:47	7:22	11	9:27	44	12:49	7.30	53:47	7:22	11	9:27	44	12:49
VP2 - East Side G	6.46	51:55	8:02	11	10:43	47	17:07	13.76	1:45:42	7:40	11	20:10	45	29:56
VP3 - Dammweg	5.90	47:38	8:04	11	12:45	48	16:41	19.66	2:33:20	7:47	11	32:03	46	46:37
VP4 - Johannisth	5.64	44:39	7:55	9	11:48	42	14:48	25.30	3:17:59	7:49	11	43:51	46	1:01:25
VP5 - U-Bahnhof	5.90	44:50	7:35	9	8:13	31	13:06	31.20	4:02:49	7:46	11	52:04	43	1:14:31
VP6 - Buckow	4.92	42:59	8:44	11	13:03	44	15:04	36.12	4:45:48	7:54	10	1:02:05	45	1:29:35
VP7 - Kirchhainer	6.17	50:37	8:12	9	11:28	33	15:16	42.29	5:36:25	7:57	10	1:13:33	41	1:44:51
VP8 - Lichtenradi	4.37	32:47	7:30	5	6:12	23	9:03	46.66	6:09:12	7:54	10	1:18:08	37	1:53:54
VP9 - Osdorfer St	5.71	41:53	7:20	6	7:47	25	9:51	52.37	6:51:05	7:50	9	1:24:45	35	2:02:47
VP10 - Sportplatz	6.50	59:17	9:07	4	18:31	18	22:51	58.87	7:50:22	7:59	8	1:39:31	29	2:24:49
VP11 - Königsw	6.22	51:47	8:19	5	4:31	23	14:51	65.09	8:42:09	8:01	7	1:40:31	28	2:34:22
VP12 - Gedenkst	6.85	55:41	8:07	4	6:37	21	14:41	71.94	9:37:50	8:01	7	1:47:08	26	2:45:43
VP13 - Brauhaus	6.88	56:49	8:15	2	1:29	18	13:32	78.82	10:34:39	8:03	6	1:48:37	25	2:55:40
VP14 - Revierförs	5.70	47:59	8:25	1	-	13	8:35	84.52	11:22:38	8:04	5	1:47:28	24	3:00:13
VP15 - Schloss S	6.24	1:03:01	10:05	1	-	16	22:46	90.76	12:25:39	8:12	5	1:42:45	24	3:22:59
VP16 - Pagel & Fi	7.60	1:02:07	8:10	1	-	11	9:27	98.36	13:27:46	8:12	5	1:39:19	23	3:32:26
VP17 - Karolinenl	4.91	40:41	8:17	1	-	11	9:23	103.27	14:08:27	8:12	5	1:39:18	23	3:41:49
VP18 - Falkensee	6.60	54:50	8:18	1	-	11	13:37	109.87	15:03:17	8:13	4	1:33:25	21	3:55:26
VP19 - Schönwal	5.95	53:01	8:54	1	-	11	15:12	115.82	15:56:18	8:15	3	1:25:18	18	4:05:03
VP20 - Grenzturn	7.60	1:04:30	8:29	1	-	6	16:05	123.42	17:00:48	8:16	3	1:10:31	17	4:21:08
VP21 - Ruderclub	4.78	46:54	9:48	2	0:10	13	14:00	128.20	17:47:42	8:19	3	1:07:48	17	4:35:08
VP22 - Frohnau	4.07	36:01	8:50	1	-	9	9:45	132.27	18:23:43	8:20	3	1:05:35	17	4:44:30
VP23 - Naturschu	6.61	56:49	8:35	1	-	4	10:45	138.88	19:20:32	8:21	3	42:59	16	4:54:48
VP24 - Oranienbu	4.98	45:32	9:08	1	-	9	11:52	143.86	20:06:04	8:23	2	33:43	14	5:06:40
VP25 - Laufftreff l	5.34	46:25	8:41	2	0:40	8	10:21	149.20	20:52:29	8:23	2	21:21	14	5:14:49
VP26 - Wilhelmsr	5.72	46:26	8:07	1	-	8	8:30	154.92	21:38:55	8:23	2	5:17	13	5:23:19
VP27 - Wollankst	3.02	28:05	9:17	1	-	8	6:41	157.94	22:07:00	8:24	1	-	12	5:27:52
Friedrich-Ludwig	3.96	32:33	8:13	2	3:10	14	10:22	161.90	22:39:33	8:23	1	-	12	5:36:01