



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Mecking Dr., Betty**

Club: Toucan Athletic Club

Number: 304

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 23:12:51

Speed: 6.94 km/h

Running performance: 8:36 min/km

Rank in course/Total: 84 (of 319)

Rank in course/Women: 15 (of 62)

Best time in course: 17:03:32

Rank in category: 3(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	46:21	6:20	4	2:01	12	5:23	7.30	46:21	6:20	4	2:01	12	5:23
VP2 - East Side C	6.46	41:19	6:23	2	0:07	10	6:31	13.76	1:27:40	6:22	3	2:08	12	11:54
VP3 - Dammweg	5.90	39:21	6:40	4	4:28	19	8:24	19.66	2:07:01	6:27	3	5:44	15	20:18
VP4 - Johannisth	5.64	37:47	6:41	4	4:56	19	7:56	25.30	2:44:48	6:30	3	10:40	15	28:14
VP5 - U-Bahnhof	5.90	40:44	6:54	2	4:07	17	9:00	31.20	3:25:32	6:35	3	14:47	16	37:14
VP6 - Buckow	4.92	34:25	6:59	3	4:29	15	6:30	36.12	3:59:57	6:38	3	16:14	16	43:44
VP7 - Kirchhainer	6.17	44:09	7:09	3	5:00	15	8:48	42.29	4:44:06	6:43	3	21:14	16	52:32
VP8 - Lichtenradi	4.37	30:52	7:03	3	4:17	20	7:08	46.66	5:14:58	6:45	3	23:54	16	59:40
VP9 - Osdorfer St	5.71	38:59	6:49	3	4:53	15	6:57	52.37	5:53:57	6:45	3	27:37	16	1:05:39
VP10 - Sportplatz	6.50	58:03	8:55	3	17:17	17	21:37	58.87	6:52:00	6:59	3	41:09	16	1:26:27
VP11 - Königsw	6.22	47:16	7:35	1	-	10	10:20	65.09	7:39:16	7:03	3	37:38	15	1:31:29
VP12 - Gedenkst	6.85	53:42	7:50	3	4:38	16	12:42	71.94	8:32:58	7:07	3	42:16	14	1:40:51
VP13 - Brauhaus	6.88	1:03:42	9:15	5	8:22	25	20:25	78.82	9:36:40	7:18	3	50:38	16	1:57:41
VP14 - Revierförs	5.70	49:43	8:43	3	1:44	19	10:19	84.52	10:26:23	7:24	3	51:13	16	2:03:58
VP15 - Schloss S	6.24	1:10:00	11:13	5	6:59	22	29:45	90.76	11:36:23	7:40	3	53:29	16	2:33:43
VP16 - Pagel & Fi	7.60	1:07:59	8:56	3	5:52	18	15:19	98.36	12:44:22	7:46	3	55:55	16	2:49:02
VP17 - Karolinenl	4.91	42:48	8:43	3	2:07	16	11:30	103.27	13:27:10	7:48	2	58:01	15	3:00:32
VP18 - Falkensee	6.60	55:12	8:21	2	0:22	12	13:59	109.87	14:22:22	7:50	2	52:30	15	3:14:31
VP19 - Schönwal	5.95	56:33	9:30	3	3:32	17	18:44	115.82	15:18:55	7:56	2	47:55	16	3:27:40
VP20 - Grenzturn	7.60	1:17:10	10:09	4	12:40	21	28:45	123.42	16:36:05	8:04	2	45:48	16	3:56:25
VP21 - Ruderclub	4.78	54:18	11:21	6	7:34	23	21:24	128.20	17:30:23	8:11	2	50:29	16	4:17:49
VP22 - Frohnau	4.07	41:08	10:06	5	5:07	20	14:52	132.27	18:11:31	8:15	2	53:23	16	4:32:18
VP23 - Naturschu	6.61	1:05:22	9:53	4	8:33	17	19:18	138.88	19:16:53	8:19	2	39:20	15	4:51:09
VP24 - Oranienbu	4.98	50:25	10:07	4	4:53	21	16:45	143.86	20:07:18	8:23	3	34:57	15	5:07:54
VP25 - Laufftreff l	5.34	53:07	9:56	3	7:22	21	17:03	149.20	21:00:25	8:26	3	29:17	15	5:22:45
VP26 - Wilhelmsr	5.72	55:12	9:39	3	8:46	21	17:16	154.92	21:55:37	8:29	3	21:59	15	5:40:01
VP27 - Wollankst	3.02	36:37	12:07	4	8:32	30	15:13	157.94	22:32:14	8:33	3	25:14	15	5:53:06
Friedrich-Ludwig	3.96	40:37	10:15	6	11:14	33	18:26	161.90	23:12:51	8:36	3	33:18	15	6:09:19