



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Rohwedder, Cornelia

Club: LG Mauerweg Berlin / 100 Marathon Club
Number: 33

Course: 161.90 km
100MeilenBerlin

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 23:37:43

Speed: 6.81 km/h
Running performance: 8:46 min/km

Rank in course/Total: 106 (of 319)

Rank in course/Women: 18 (of 62)

Best time in course: 17:03:32

Rank in category: 7(of 17)

Best time in the category: 17:03:32

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