



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Goebel, Sonia Isabel**

Club: Hamburg

Number: 185

Course: 161.90 km

100MeilenBerlin

Category:

Frauen (20-29 Jahre)

Total time: 23:50:39

Speed: 6.75 km/h

Running performance: 8:50 min/km

Rank in course/Total: 118 (of 319)

Rank in course/Women: 21 (of 62)

Best time in course: 17:03:32

Rank in category: 1(of 4)

Best time in the category: 23:50:39

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