



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

**Rau, Miriam**

Club: SSV Lichtenrade Berlin

Number: 191

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 27:59:01

Speed: 5.75 km/h

Running performance: 10:22 min/km

Rank in course/Total: 194 (of 319)

Rank in course/Women: 35 (of 62)

Best time in course: 17:03:32

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