



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Escher, Constanze

Club: Bochum

Number: 341

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 28:28:31

Speed: 5.65 km/h

Running performance: 10:33 min/km

Rank in course/Total: 202 (of 319)

Rank in course/Women: 37 (of 62)

Best time in course: 17:03:32

Rank in category: 9(of 11)

Best time in the category: 18:39:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
VP1 - Brandenbu	7.30	53:29	7:19	9	12:12	40	12:31	7.30	53:29	7:19	9	12:12	40	12:31	
VP2 - East Side C	6.46	51:19	7:56	9	14:42	46	16:31	13.76	1:44:48	7:36	9	26:54	44	29:02	
VP3 - Dammweg	5.90	54:45	9:16	9	20:54	54	23:48	19.66	2:39:33	8:06	9	47:48	50	52:50	
VP4 - Johannisth	5.64	54:29	9:39	10	23:56	55	24:38	25.30	3:34:02	8:27	9	1:11:44	51	1:17:28	
VP5 - U-Bahnhof	5.90	53:32	9:04	9	19:31	51	21:48	31.20	4:27:34	8:34	9	1:31:15	51	1:39:16	
VP6 - Buckow	4.92	44:35	9:03	8	14:52	47	16:40	36.12	5:12:09	8:38	9	1:46:07	51	1:55:56	
VP7 - Kirchhainer	6.17	52:31	8:30	9	16:13	37	17:10	42.29	6:04:40	8:37	9	2:02:20	49	2:13:06	
VP8 - Lichtenrad	4.37	39:22	9:00	9	13:02	45	15:38	46.66	6:44:02	8:39	9	2:15:22	49	2:28:44	
VP9 - Osdorfer St	5.71	51:07	8:57	9	15:15	46	19:05	52.37	7:35:09	8:41	9	2:30:37	49	2:46:51	
VP10 - Sportplatz	6.50	1:06:25	10:13	7	27:26	27	29:59	58.87	8:41:34	8:51	9	2:58:03	47	3:16:01	
VP11 - Königsw	6.22	1:02:27	10:02	9	22:07	46	25:31	65.09	9:44:01	8:58	9	3:20:10	47	3:36:14	
VP12 - Gedenkst	6.85	1:05:28	9:33	6	20:27	37	24:28	71.94	10:49:29	9:01	9	3:40:37	47	3:57:22	
VP13 - Brauhaus	6.88	1:21:11	11:47	9	35:56	49	37:54	78.82	12:10:40	9:16	9	4:16:33	47	4:31:41	
VP14 - Revierförs	5.70	1:05:44	11:31	8	23:14	46	26:20	84.52	13:16:24	9:25	9	4:39:47	49	4:53:59	
VP15 - Schloss S	6.24	1:35:47	15:20	9	52:52	48	55:32	90.76	14:52:11	9:49	9	5:32:39	49	5:49:31	
VP16 - Pagel & Fi	7.60	1:28:45	11:40	7	32:37	43	36:05	98.36	16:20:56	9:58	9	6:05:16	49	6:25:36	
VP17 - Karolinenl	4.91	1:14:25	15:09	9	38:42	52	43:07	103.27	17:35:21	10:13	9	6:43:58	48	7:08:43	
VP18 - Falkensee	6.60	1:30:34	13:43	8	41:19	51	49:21	109.87	19:05:55	10:25	9	7:24:52	48	7:58:04	
VP19 - Schönwal	5.95	1:09:05	11:36	9	24:44	35	31:16	115.82	20:15:00	10:29	9	7:45:02	47	8:23:45	
VP20 - Grenzturn	7.60	1:31:52	12:05	9	25:41	39	43:27	123.42	21:46:52	10:35	9	8:10:43	47	9:07:12	
VP21 - Ruderclub	4.78	1:14:38	15:36	8	39:46	47	41:44	128.20	23:01:30	10:46	9	8:50:29	48	9:48:56	
VP22 - Frohnau	4.07	45:55	11:16	8	16:54	29	19:39	132.27	23:47:25	10:47	9	9:07:23	48	10:08:12	
VP23 - Naturschu	6.61	1:09:44	10:32	4	16:42	21	23:40	138.88	24:57:09	10:46	9	9:24:05	47	10:31:25	
VP24 - Oranienbu	4.98	47:32	9:32	3	9:22	14	13:52	143.86	25:44:41	10:44	9	9:33:27	42	10:45:17	
VP25 - Laufftreff l	5.34	47:33	8:54	3	5:08	9	11:29	149.20	26:32:14	10:40	9	9:38:04	40	10:54:34	
VP26 - Wilhelmsr	5.72	50:44	8:52	4	4:02	14	12:48	154.92	27:22:58	10:36	9	9:42:06	39	11:07:22	
VP27 - Wollankst	3.02	30:33	10:06	6	6:04	14	9:09	157.94	27:53:31	10:35	9	9:46:40	38	11:14:23	
Friedrich-Ludwig	3.96	35:00	8:50	6	7:02	19	12:49	161.90	28:28:31	10:33	9	9:48:47	37	11:24:59	