



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detailed evaluation

Luijken, Sabine

Club: kein

Number: 196

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 28:46:36

Speed: 5.59 km/h

Running performance: 10:40 min/km

Rank in course/Total: 216 (of 319)

Rank in course/Women: 42 (of 62)

Best time in course: 17:03:32

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