



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Sawyer, Sarah

Club: Brighton

Number: 213

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 18:39:44

Speed: 8.63 km/h

Running performance: 6:55 min/km

Rank in course/Total: 15 (of 319)

Rank in course/Women: 3 (of 62)

Best time in course: 17:03:32

Rank in category: 1(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
VP1 - Brandenbu	7.30	41:17	5:39	1	-	2	0:19	7.30	41:17	5:39	1	-	2	0:19
VP2 - East Side G	6.46	36:37	5:40	1	-	2	1:49	13.76	1:17:54	5:39	1	-	2	2:08
VP3 - Dammweg	5.90	33:51	5:44	1	-	3	2:54	19.66	1:51:45	5:41	1	-	2	5:02
VP4 - Johannisth	5.64	30:33	5:25	1	-	2	0:42	25.30	2:22:18	5:37	1	-	2	5:44
VP5 - U-Bahnhof	5.90	34:01	5:45	1	-	4	2:17	31.20	2:56:19	5:39	1	-	2	8:01
VP6 - Buckow	4.92	29:43	6:02	1	-	4	1:48	36.12	3:26:02	5:42	1	-	2	9:49
VP7 - Kirchhainer	6.17	36:18	5:52	1	-	2	0:57	42.29	4:02:20	5:43	1	-	2	10:46
VP8 - Lichtenrad	4.37	26:20	6:01	1	-	2	2:36	46.66	4:28:40	5:45	1	-	2	13:22
VP9 - Osdorfer St	5.71	35:52	6:16	1	-	7	3:50	52.37	5:04:32	5:48	1	-	2	16:14
VP10 - Sportplatz	6.50	38:59	5:59	1	-	3	2:33	58.87	5:43:31	5:50	1	-	3	17:58
VP11 - Königsw	6.22	40:20	6:29	1	-	3	3:24	65.09	6:23:51	5:53	1	-	3	16:04
VP12 - Gedenkst	6.85	45:01	6:34	1	-	3	4:01	71.94	7:08:52	5:57	1	-	3	16:45
VP13 - Brauhaus	6.88	45:15	6:34	1	-	2	1:58	78.82	7:54:07	6:00	1	-	3	15:08
VP14 - Revierförs	5.70	42:30	7:27	1	-	6	3:06	84.52	8:36:37	6:06	1	-	3	14:12
VP15 - Schloss S	6.24	42:55	6:52	1	-	2	2:40	90.76	9:19:32	6:09	1	-	3	16:52
VP16 - Pagel & Fi	7.60	56:08	7:23	1	-	4	3:28	98.36	10:15:40	6:15	1	-	3	20:20
VP17 - Karolinenl	4.91	35:43	7:16	1	-	2	4:25	103.27	10:51:23	6:18	1	-	2	24:45
VP18 - Falkensee	6.60	49:40	7:31	2	0:25	5	8:27	109.87	11:41:03	6:22	1	-	2	33:12
VP19 - Schönwal	5.95	48:55	8:13	2	4:34	7	11:06	115.82	12:29:58	6:28	1	-	2	38:43
VP20 - Grenzturn	7.60	1:06:11	8:42	1	-	9	17:46	123.42	13:36:09	6:36	1	-	3	56:29
VP21 - Ruderclub	4.78	34:52	7:17	1	-	3	1:58	128.20	14:11:01	6:38	1	-	2	58:27
VP22 - Frohnau	4.07	29:01	7:07	1	-	3	2:45	132.27	14:40:02	6:39	1	-	2	1:00:49
VP23 - Naturschu	6.61	53:02	8:01	1	-	3	6:58	138.88	15:33:04	6:43	1	-	2	1:07:20
VP24 - Oranienbu	4.98	38:10	7:39	1	-	3	4:30	143.86	16:11:14	6:45	1	-	2	1:11:50
VP25 - Laufftreff l	5.34	42:56	8:02	2	0:31	5	6:52	149.20	16:54:10	6:47	1	-	2	1:16:30
VP26 - Wilhelmsr	5.72	46:42	8:09	1	-	9	8:46	154.92	17:40:52	6:50	1	-	2	1:25:16
VP27 - Wollankst	3.02	25:59	8:36	2	1:30	4	4:35	157.94	18:06:51	6:52	1	-	2	1:27:43
Friedrich-Ludwig	3.96	32:53	8:18	5	4:55	16	10:42	161.90	18:39:44	6:54	1	-	3	1:36:12