



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

NOA, Heike

Club: Rennsteiglaufverein
Number: 125

Course: 161.70 km
100MeilenBerlin

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 28:18:08

Speed: 5.69 km/h
Running performance: 10:30 min/km

Rank in course/Total: 309 (of 459)

Rank in course/Women: 38 (of 72)

Best time in course: 17:20:20

Rank in category: 9(of 18)

Best time in the category: 20:27:00

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 - Wilhelmsru	6.94	50:20	7:15	12	8:16	47	13:23	6.94	50:20	7:15	12	8:16	47	13:23
VP2 - Laufftreff Li	5.69	43:18	7:36	11	9:32	46	11:47	12.63	1:33:38	7:24	11	16:33	46	25:01
VP3 - Oranienbur	5.74	41:21	7:12	8	8:32	43	10:54	18.37	2:14:59	7:20	11	25:05	47	35:45
VP4 - Naturschut	4.70	40:29	8:36	11	8:33	48	12:13	23.07	2:55:28	7:36	10	33:38	46	47:28
VP5 - Frohnau	6.80	51:39	7:35	10	10:04	48	15:02	29.87	3:47:07	7:36	10	40:46	48	1:01:36
VP6 - Ruderclub	4.06	38:09	9:23	10	12:34	42	15:24	33.93	4:25:16	7:49	11	53:20	48	1:16:50
VP7 - Grenzturm	4.75	39:05	8:13	10	7:08	41	12:57	38.68	5:04:21	7:52	12	59:42	49	1:29:47
VP8 - Schönwald	7.52	1:02:23	8:17	10	14:49	45	20:02	46.20	6:06:44	7:56	11	1:09:03	47	1:49:49
VP9 - Falkenseer	5.76	53:49	9:20	11	13:35	46	19:23	51.96	7:00:33	8:05	11	1:20:05	47	2:08:22
VP10 - Karolinenl	6.54	1:01:32	9:24	11	15:41	44	22:11	58.50	8:02:05	8:14	11	1:35:40	48	2:29:31
VP11 - Pagel & Fi	4.90	46:28	9:28	10	10:36	45	16:09	63.40	8:48:33	8:20	11	1:45:47	46	2:45:40
VP12 - Schloss S	7.62	1:20:55	10:37	9	24:38	42	35:16	71.02	10:09:28	8:34	10	2:09:23	44	3:20:56
VP13 - Revierförs	6.21	56:42	9:07	9	13:42	41	17:36	77.23	11:06:10	8:37	10	2:23:05	44	3:38:10
VP14 - Brauhaus	6.00	54:30	9:05	10	14:05	41	18:45	83.23	12:00:40	8:39	10	2:37:10	44	3:53:26
VP15 - Gedenkst.	6.90	1:07:09	9:43	11	17:06	44	25:54	90.13	13:07:49	8:44	10	2:54:16	43	4:11:24
VP16 - Königswe	6.87	1:12:32	10:33	10	23:47	40	25:23	97.00	14:20:21	8:52	10	3:18:03	42	4:35:12
VP17 - Sportplatz	6.20	1:05:41	10:35	4	2:51	17	20:48	103.20	15:26:02	8:58	9	3:18:50	40	4:48:59
VP18 - Osdorfer	6.50	1:38:39	15:10	15	51:34	50	56:56	109.70	17:04:41	9:20	9	4:10:24	41	5:45:55
VP19 - Lichtenra	5.70	1:18:13	13:43	12	30:44	48	36:52	115.40	18:22:54	9:33	10	4:41:08	42	6:21:31
VP20 - Kirchhain	4.37	52:30	12:00	11	19:13	45	25:45	119.77	19:15:24	9:38	10	5:00:21	42	6:47:16
VP21 - Buckow	6.43	1:21:43	12:42	11	30:06	41	40:02	126.20	20:37:07	9:48	10	5:29:58	42	7:27:18
VP22 - Rudow	4.90	1:04:52	13:14	11	21:12	42	31:52	131.10	21:41:59	9:55	10	5:48:08	42	7:59:10
VP23 - Johannistl	5.90	1:19:45	13:31	12	24:57	47	40:34	137.00	23:01:44	10:05	10	6:11:37	41	8:39:44
VP24 - Dammwe	5.70	1:13:50	12:57	12	23:21	44	32:58	142.70	24:15:34	10:12	10	6:34:58	41	9:11:32
VP25 - East Side	5.80	1:18:36	13:33	11	21:52	44	33:46	148.50	25:34:10	10:19	10	6:56:50	41	9:42:00
VP26 - Checkpoir	5.28	52:24	9:55	12	15:06	42	22:11	153.78	26:26:34	10:19	10	7:11:56	41	10:04:11
VP27 - Gedenkst.	3.32	56:40	17:04	12	20:33	40	29:22	157.10	27:23:14	10:27	10	7:32:29	41	10:33:33
Friedrich-Ludwig	4.60	54:54	11:56	9	18:39	37	54:54	161.70	28:18:08	10:30	9	7:51:08	39	10:57:48