



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

CORDNER, Gillian

Club: 100 Marathon Club Ireland

Number: 232

Course: 161.70 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 22:44:30

Speed: 7.11 km/h

Running performance: 8:26 min/km

Rank in course/Total: 190 (of 459)

Rank in course/Women: 12 (of 72)

Best time in course: 17:20:20

Rank in category: 4(of 14)

Best time in the category: 17:20:20

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