



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

RAU, Miriam

Club: SSV Lichtenrade Berlin

Number: 330

Course: 161.70 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 28:49:48

Speed: 5.58 km/h

Running performance: 10:42 min/km

Rank in course/Total: 326 (of 459)

Rank in course/Women: 44 (of 72)

Best time in course: 17:20:20

Rank in category: 12(of 17)

Best time in the category: 17:50:34

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	50:04	7:12	12	12:45	46	13:07	6.94	50:04	7:12	12	12:45	46	13:07
VP2 - Laufftreff Li	5.69	41:46	7:20	11	10:15	41	10:15	12.63	1:31:50	7:16	11	23:00	40	23:13
VP3 - Oranienbur	5.74	38:31	6:42	9	8:04	27	8:04	18.37	2:10:21	7:05	11	31:04	37	31:07
VP4 - Naturschut	4.70	39:07	8:19	12	10:51	42	10:51	23.07	2:49:28	7:20	11	40:48	37	41:28
VP5 - Frohnau	6.80	51:11	7:31	13	14:34	46	14:34	29.87	3:40:39	7:23	12	54:58	42	55:08
VP6 - Ruderclub	4.06	43:20	10:40	16	20:35	58	20:35	33.93	4:23:59	7:46	12	1:15:33	45	1:15:33
VP7 - Grenzturm	4.75	39:27	8:18	12	13:19	43	13:19	38.68	5:03:26	7:50	13	1:28:52	48	1:28:52
VP8 - Schönwald	7.52	1:14:17	9:52	15	31:56	61	31:56	46.20	6:17:43	8:10	13	2:00:48	50	2:00:48
VP9 - Falkenseer	5.76	59:44	10:22	15	25:18	60	25:18	51.96	7:17:27	8:25	14	2:25:16	52	2:25:16
VP10 - Karolinenl	6.54	1:02:33	9:33	12	23:12	47	23:12	58.50	8:20:00	8:32	14	2:47:26	52	2:47:26
VP11 - Pagel & Fi	4.90	47:34	9:42	13	17:15	49	17:15	63.40	9:07:34	8:38	14	3:04:41	52	3:04:41
VP12 - Schloss S	7.62	1:27:38	11:30	15	41:59	53	41:59	71.02	10:35:12	8:56	14	3:46:40	52	3:46:40
VP13 - Revierförs	6.21	1:04:08	10:19	14	24:40	53	25:02	77.23	11:39:20	9:03	14	4:11:20	51	4:11:20
VP14 - Brauhaus	6.00	1:01:47	10:17	14	24:08	53	26:02	83.23	12:41:07	9:08	14	4:33:53	50	4:33:53
VP15 - Gedenkst.	6.90	1:09:51	10:07	13	28:36	50	28:36	90.13	13:50:58	9:13	13	4:54:33	49	4:54:33
VP16 - Königswe	6.87	1:23:02	12:05	12	34:05	50	35:53	97.00	15:14:00	9:25	12	5:28:38	48	5:28:51
VP17 - Sportplatz	6.20	1:45:45	17:03	13	55:18	53	1:00:52	103.20	16:59:45	9:52	13	6:20:21	52	6:22:42
VP18 - Osdorfer	6.50	1:12:44	11:11	10	29:23	34	31:01	109.70	18:12:29	9:57	13	6:49:44	51	6:53:43
VP19 - Lichtenra	5.70	1:15:06	13:10	13	32:53	44	33:45	115.40	19:27:35	10:07	13	7:22:37	50	7:26:12
VP20 - Kirchhain	4.37	50:26	11:32	11	20:28	43	23:41	119.77	20:18:01	10:10	12	7:43:05	47	7:49:53
VP21 - Buckow	6.43	1:20:11	12:28	8	37:00	37	38:30	126.20	21:38:12	10:17	12	8:20:05	47	8:28:23
VP22 - Rudow	4.90	1:04:08	13:05	7	30:43	39	31:08	131.10	22:42:20	10:23	12	8:50:48	46	8:59:31
VP23 - Johannistl	5.90	1:03:07	10:41	5	17:23	24	23:56	137.00	23:45:27	10:24	12	9:08:11	46	9:23:27
VP24 - Dammwe	5.70	1:02:45	11:00	6	20:14	27	21:53	142.70	24:48:12	10:25	12	9:28:25	46	9:44:10
VP25 - East Side	5.80	1:20:57	13:57	10	30:16	46	36:07	148.50	26:09:09	10:33	12	9:58:41	45	10:16:59
VP26 - Checkpoir	5.28	52:23	9:55	9	20:36	41	22:10	153.78	27:01:32	10:32	12	10:19:17	45	10:39:09
VP27 - Gedenkst.	3.32	58:38	17:39	10	23:11	42	31:20	157.10	28:00:10	10:41	12	10:42:28	45	11:10:29
Friedrich-Ludwig	4.60	49:38	10:47	5	16:46	27	49:38	161.70	28:49:48	10:41	12	10:59:14	45	11:29:28