



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

HAV THOMSEN, Anja

Club: (ohne)

Number: 336

Course: 161.70 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 21:15:38

Speed: 7.57 km/h

Running performance: 7:53 min/km

Rank in course/Total: 147 (of 459)

Rank in course/Women: 7 (of 72)

Best time in course: 17:20:20

Rank in category: 2(of 17)

Best time in the category: 17:50:34

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