



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

POZZI, Ilaria

Club: ASD Atletica Futura Arezzo

Number: 346

Course: 161.70 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 26:48:58

Speed: 6.00 km/h

Running performance: 9:57 min/km

Rank in course/Total: 285 (of 459)

Rank in course/Women: 31 (of 72)

Best time in course: 17:20:20

Rank in category: 9(of 14)

Best time in the category: 17:20:20

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