



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

AOKI, Hideko

Club: AOHIDEZOKU

Number: 369

Course: 161.70 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 25:03:34

Speed: 6.42 km/h

Running performance: 9:18 min/km

Rank in course/Total: 263 (of 459)

Rank in course/Women: 27 (of 72)

Best time in course: 17:20:20

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