



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

NAKAYAMA, Nana

Club: (ohne)

Number: 373

Course: 161.70 km

100MeilenBerlin

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 19:40:43

Speed: 8.18 km/h

Running performance: 7:18 min/km

Rank in course/Total: 109 (of 459)

Rank in course/Women: 4 (of 72)

Best time in course: 17:20:20

Rank in category: 2(of 7)

Best time in the category: 19:25:04

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	42:20	6:05	3	0:33	10	5:23	6.94	42:20	6:05	3	0:33	10	5:23
VP2 - Laufftreff Li	5.69	34:58	6:08	2	1:15	8	3:27	12.63	1:17:18	6:07	2	1:48	8	8:41
VP3 - Oranienbur	5.74	32:25	5:38	1	-	4	1:58	18.37	1:49:43	5:58	1	-	5	10:29
VP4 - Naturschut	4.70	29:44	6:19	1	-	4	1:28	23.07	2:19:27	6:02	1	-	4	11:27
VP5 - Frohnau	6.80	38:52	5:42	1	-	4	2:15	29.87	2:58:19	5:58	1	-	4	12:48
VP6 - Ruderclub	4.06	27:59	6:53	1	-	10	5:14	33.93	3:26:18	6:04	1	-	4	17:52
VP7 - Grenzturm	4.75	28:38	6:01	1	-	3	2:30	38.68	3:54:56	6:04	1	-	4	20:22
VP8 - Schönwald	7.52	46:53	6:14	1	-	4	4:32	46.20	4:41:49	6:05	1	-	4	24:54
VP9 - Falkenseer	5.76	36:45	6:22	1	-	4	2:19	51.96	5:18:34	6:07	1	-	4	26:23
VP10 - Karolinenl	6.54	44:40	6:49	1	-	6	5:19	58.50	6:03:14	6:12	1	-	4	30:40
VP11 - Pagel & Fi	4.90	35:18	7:12	1	-	10	4:59	63.40	6:38:32	6:17	1	-	4	35:39
VP12 - Schloss S	7.62	1:00:13	7:54	3	4:01	17	14:34	71.02	7:38:45	6:27	1	-	4	50:13
VP13 - Revierförs	6.21	43:18	6:58	1	-	7	4:12	77.23	8:22:03	6:30	1	-	4	54:03
VP14 - Brauhaus	6.00	38:30	6:25	1	-	4	2:45	83.23	9:00:33	6:29	1	-	4	53:19
VP15 - Gedenkst.	6.90	43:25	6:17	1	-	3	2:10	90.13	9:43:58	6:28	1	-	4	47:33
VP16 - Königswe	6.87	51:10	7:26	2	0:01	5	4:01	97.00	10:35:08	6:32	1	-	3	49:59
VP17 - Sportplatz	6.20	1:10:46	11:24	5	25:53	23	25:53	103.20	11:45:54	6:50	1	-	3	1:08:51
VP18 - Osdorfer	6.50	41:46	6:25	1	-	2	0:03	109.70	12:27:40	6:48	1	-	3	1:08:54
VP19 - Lichtenra	5.70	41:21	7:15	1	-	1	-	115.40	13:09:01	6:50	1	-	3	1:07:38
VP20 - Kirchhain	4.37	34:49	7:58	3	5:30	8	8:04	119.77	13:43:50	6:52	1	-	3	1:15:42
VP21 - Buckow	6.43	47:52	7:26	2	1:35	5	6:11	126.20	14:31:42	6:54	1	-	3	1:21:53
VP22 - Rudow	4.90	34:41	7:04	1	-	3	1:41	131.10	15:06:23	6:54	1	-	3	1:23:34
VP23 - Johannistl	5.90	56:50	9:37	3	14:28	13	17:39	137.00	16:03:13	7:01	1	-	3	1:41:13
VP24 - Dammwe	5.70	55:49	9:47	3	11:12	17	14:57	142.70	16:59:02	7:08	1	-	4	1:55:00
VP25 - East Side	5.80	53:10	9:09	2	8:20	5	8:20	148.50	17:52:12	7:13	2	7:47	5	2:00:02
VP26 - Checkpoir	5.28	40:00	7:34	3	3:34	13	9:47	153.78	18:32:12	7:13	2	11:21	4	2:09:49
VP27 - Gedenkst.	3.32	36:00	10:50	2	5:22	4	8:42	157.10	19:08:12	7:18	2	16:43	4	2:18:31
Friedrich-Ludwig	4.60	32:31	7:04	1	-	3	32:31	161.70	19:40:43	7:18	2	15:39	4	2:20:23