



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

LUX, Monika

Club: Run Club

Number: 47

Course: 161.70 km

100MeilenBerlin

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 22:29:42

Speed: 7.16 km/h

Running performance: 8:21 min/km

Rank in course/Total: 180 (of 459)

Rank in course/Women: 11 (of 72)

Best time in course: 17:20:20

Rank in category: 2(of 18)

Best time in the category: 20:27:00

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