



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

**CONRAD, Kerstin**

Club: Team Erdinger Alkoholfrei  
Number: 59

Course: 161.70 km  
100MeilenBerlin

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 23:19:09

Speed: 6.90 km/h  
Running performance: 8:39 min/km

Rank in course/Total: 216 (of 459)

Rank in course/Women: 16 (of 72)

Best time in course: 17:20:20

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