



# 100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

**GINZBURG, Alla**

Club: Mrrc

Number: 80

Course: 161.70 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 22:24:37

Speed: 7.18 km/h

Running performance: 8:19 min/km

Rank in course/Total: 177 (of 459)

Rank in course/Women: 10 (of 72)

Best time in course: 17:20:20

Rank in category: 3(of 14)

Best time in the category: 17:20:20

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