



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

James, Helen

Club: Barrow runners

Number: 361

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 21:03:36

Speed: 7.64 km/h

Running performance: 7:48 min/km

Rank in course/Total: 73 (of 397)

Rank in course/Women: 13 (of 84)

Best time in course: 15:29:48

Rank in category: 4(of 15)

Best time in the category: 18:57:06

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 - Checkpoint	8.60	57:50	6:43	2	2:16	10	8:46	8.60	57:50	6:43	2	2:16	10	8:46
VP2 - East Side G	4.80	28:45	5:59	2	0:42	11	3:58	13.40	1:26:35	6:27	2	2:58	12	12:44
VP3 - Dammweg	5.80	37:10	6:24	2	0:25	8	5:27	19.20	2:03:45	6:26	2	3:23	12	18:11
VP4 - Johannisth	5.70	36:15	6:21	2	1:49	12	6:00	24.90	2:40:00	6:25	2	5:12	11	24:11
VP5 - Imbiß "Am	9.50	1:03:33	6:41	3	5:33	16	11:33	34.40	3:43:33	6:29	2	8:45	12	35:44
VP6 - Buckow	4.50	30:10	6:42	2	1:01	9	4:48	38.90	4:13:43	6:31	2	9:46	11	40:32
Control	7.60	56:00	7:22	7	9:28	23	13:37	46.50	5:09:43	6:39	3	18:28	14	54:09
VP8 - Osdorfer St	6.30	41:49	6:38	4	3:51	11	6:22	52.80	5:51:32	6:39	3	20:32	13	1:00:31
VP9 - Sportplatz	6.50	49:00	7:32	4	5:41	12	13:10	59.30	6:40:32	6:45	3	26:13	14	1:13:41
VP10 - Königswe	6.20	42:36	6:52	3	1:05	8	7:52	65.50	7:23:08	6:45	3	26:28	13	1:21:33
VP11 - Gedenkst	6.80	49:16	7:14	3	3:01	12	10:32	72.30	8:12:24	6:48	3	29:29	13	1:32:05
VP12 - Brauhaus	6.90	55:11	7:59	6	10:50	16	15:56	79.20	9:07:35	6:54	3	39:25	14	1:48:01
VP13 - Revierförs	5.70	44:31	7:48	4	7:25	13	10:38	84.90	9:52:06	6:58	3	46:50	14	1:58:27
VP14 - Schloss S	6.30	50:13	7:58	3	7:24	10	13:13	91.20	10:42:19	7:02	4	54:14	13	2:11:40
VP15 - Pagel & Fi	7.60	1:00:19	7:56	5	7:50	19	16:45	98.80	11:42:38	7:06	4	1:00:53	14	2:28:25
VP16 - Karolinenl	4.90	40:59	8:21	4	5:38	10	12:19	103.70	12:23:37	7:10	4	1:06:31	14	2:40:44
VP17 - Falkensee	6.50	51:50	7:58	4	6:17	13	14:09	110.20	13:15:27	7:13	4	1:11:24	14	2:54:53
VP18 - Schönwal	5.80	49:14	8:29	4	8:03	16	15:26	116.00	14:04:41	7:16	4	1:19:27	14	3:10:19
VP19 - Grenzturn	7.30	59:14	8:06	4	6:45	12	15:13	123.30	15:03:55	7:19	4	1:23:26	13	3:25:32
VP20 - Rudercluk	4.80	40:03	8:20	4	5:47	13	18:52	128.10	15:43:58	7:22	4	1:26:50	13	3:37:12
VP21 - Frohnau	4.10	37:30	9:08	3	4:20	10	14:12	132.20	16:21:28	7:25	4	1:30:31	13	3:51:24
VP22 - Naturschu	6.40	57:03	8:54	5	9:01	18	18:58	138.60	17:18:31	7:29	4	1:32:07	13	4:10:22
VP23 - Oranienbu	4.50	44:48	9:57	7	9:53	22	16:38	143.10	18:03:19	7:34	4	1:38:29	13	4:27:00
VP24 - Laufftreff l	5.30	47:28	8:57	4	7:56	9	14:32	148.40	18:50:47	7:37	4	1:40:48	13	4:41:32
VP25 - Wilhelmsr	5.70	58:03	10:11	8	16:52	36	22:42	154.10	19:48:50	7:42	4	1:51:03	13	5:04:14
VP26 - Wollankst	3.10	33:21	10:45	9	9:43	39	13:37	157.20	20:22:11	7:46	4	1:57:21	13	5:17:32
Friedrich-Ludwig	4.20	41:25	9:51	10	14:48	45	16:32	161.90	21:03:36	7:48	4	2:06:30	13	5:33:48