



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Connolly, Gillian

Club: 100 marathon club Ireland
Number: 353

Course: 161.90 km
100MeilenBerlin

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 23:09:18

Speed: 6.95 km/h
Running performance: 8:35 min/km

Rank in course/Total: 158 (of 397)

Rank in course/Women: 22 (of 84)

Best time in course: 15:29:48

Rank in category: 4(of 13)

Best time in the category: 15:29:48

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	54:10	6:17	2	5:06	4	5:06	8.60	54:10	6:17	2	5:06	4	5:06
VP2 - East Side C	4.80	26:47	5:34	2	2:00	4	2:00	13.40	1:20:57	6:02	2	7:06	4	7:06
VP3 - Dammweg	5.80	36:59	6:22	3	5:16	7	5:16	19.20	1:57:56	6:08	2	12:22	5	12:22
VP4 - Johannisth	5.70	34:56	6:07	4	4:41	7	4:41	24.90	2:32:52	6:08	2	17:03	4	17:03
VP5 - Imbiß "Am	9.50	1:00:43	6:23	4	8:43	9	8:43	34.40	3:33:35	6:12	2	25:46	4	25:46
VP6 - Buckow	4.50	29:42	6:35	3	4:20	7	4:20	38.90	4:03:17	6:15	2	30:06	5	30:06
Control	7.60	52:52	6:57	5	10:29	16	10:29	46.50	4:56:09	6:22	4	40:35	8	40:35
VP8 - Osdorfer St	6.30	46:46	7:25	6	11:19	24	11:19	52.80	5:42:55	6:29	4	51:54	10	51:54
VP9 - Sportplatz	6.50	52:43	8:06	4	16:53	21	16:53	59.30	6:35:38	6:40	4	1:08:47	12	1:08:47
VP10 - Königswe	6.20	43:38	7:02	3	8:54	11	8:54	65.50	7:19:16	6:42	3	1:17:41	11	1:17:41
VP11 - Gedenkst	6.80	52:12	7:40	5	13:28	17	13:28	72.30	8:11:28	6:47	3	1:31:09	12	1:31:09
VP12 - Brauhaus	6.90	56:00	8:06	3	16:45	17	16:45	79.20	9:07:28	6:54	3	1:47:54	13	1:47:54
VP13 - Revierförs	5.70	44:32	7:48	4	10:27	14	10:39	84.90	9:52:00	6:58	3	1:58:21	13	1:58:21
VP14 - Schloss S	6.30	1:27:21	13:51	10	50:21	67	50:21	91.20	11:19:21	7:26	3	2:48:42	16	2:48:42
VP15 - Pagel & Fi	7.60	1:13:25	9:39	10	29:51	48	29:51	98.80	12:32:46	7:37	5	3:18:33	18	3:18:33
VP16 - Karolinenl	4.90	47:58	9:47	5	19:18	31	19:18	103.70	13:20:44	7:43	5	3:37:51	19	3:37:51
VP17 - Falkensee	6.50	1:01:00	9:23	7	23:19	35	23:19	110.20	14:21:44	7:49	5	4:01:10	19	4:01:10
VP18 - Schönwal	5.80	1:00:27	10:25	7	26:39	35	26:39	116.00	15:22:11	7:56	5	4:27:49	19	4:27:49
VP19 - Grenzturn	7.30	1:26:46	11:53	7	42:45	43	42:45	123.30	16:48:57	8:10	5	5:10:34	19	5:10:34
VP20 - Rudercluk	4.80	51:07	10:38	5	29:56	32	29:56	128.10	17:40:04	8:16	4	5:33:18	23	5:33:18
VP21 - Frohnau	4.10	44:52	10:56	4	21:34	20	21:34	132.20	18:24:56	8:21	4	5:54:52	22	5:54:52
VP22 - Naturschu	6.40	1:01:02	9:32	5	22:57	30	22:57	138.60	19:25:58	8:24	4	6:17:49	22	6:17:49
VP23 - Oranienbu	4.50	46:50	10:24	4	18:40	27	18:40	143.10	20:12:48	8:28	4	6:36:29	22	6:36:29
VP24 - Laufftreff l	5.30	53:09	10:01	3	20:13	21	20:13	148.40	21:05:57	8:31	4	6:56:42	22	6:56:42
VP25 - Wilhelmsr	5.70	55:50	9:47	6	20:29	28	20:29	154.10	22:01:47	8:34	4	7:17:11	22	7:17:11
VP26 - Wollankst	3.10	33:13	10:42	8	13:10	38	13:29	157.20	22:35:00	8:37	4	7:30:21	22	7:30:21
Friedrich-Ludwig	4.20	34:18	8:09	5	9:09	27	9:25	161.90	23:09:18	8:34	4	7:39:30	22	7:39:30