



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Lux, Monika

Club: Pulheim

Number: 109

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 24:57:41

Speed: 6.49 km/h

Running performance: 9:15 min/km

Rank in course/Total: 225 (of 397)

Rank in course/Women: 33 (of 84)

Best time in course: 15:29:48

Rank in category: 4(of 15)

Best time in the category: 20:40:53

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 - Checkpoint	8.60	57:48	6:43	2	3:19	9	8:44	8.60	57:48	6:43	2	3:19	9	8:44
VP2 - East Side G	4.80	27:55	5:48	1	-	7	3:08	13.40	1:25:43	6:23	2	3:19	10	11:52
VP3 - Dammweg	5.80	37:30	6:27	1	-	10	5:47	19.20	2:03:13	6:25	2	2:08	10	17:39
VP4 - Johannisth	5.70	44:32	7:48	10	9:09	59	14:17	24.90	2:47:45	6:44	3	11:17	19	31:56
VP5 - Imbiß "Am	9.50	1:05:57	6:56	3	5:08	21	13:57	34.40	3:53:42	6:47	3	16:25	20	45:53
VP6 - Buckow	4.50	34:06	7:34	4	2:21	26	8:44	38.90	4:27:48	6:53	3	17:48	21	54:37
Control	7.60	56:38	7:27	4	6:01	26	14:15	46.50	5:24:26	6:58	3	23:49	21	1:08:52
VP8 - Osdorfer St	6.30	53:56	8:33	7	13:33	49	18:29	52.80	6:18:22	7:09	3	34:56	22	1:27:21
VP9 - Sportplatz	6.50	56:38	8:42	4	9:53	31	20:48	59.30	7:15:00	7:20	3	44:49	23	1:48:09
VP10 - Königswe	6.20	54:25	8:46	7	11:21	49	19:41	65.50	8:09:25	7:28	3	56:10	25	2:07:50
VP11 - Gedenkst	6.80	59:50	8:47	7	13:06	39	21:06	72.30	9:09:15	7:35	3	1:05:04	26	2:28:56
VP12 - Brauhaus	6.90	1:07:21	9:45	9	18:45	45	28:06	79.20	10:16:36	7:47	3	1:23:49	28	2:57:02
VP13 - Revierförs	5.70	49:15	8:38	3	6:39	22	15:22	84.90	11:05:51	7:50	3	1:30:28	27	3:12:12
VP14 - Schloss S	6.30	54:40	8:40	3	7:17	14	17:40	91.20	12:00:31	7:54	3	1:37:45	23	3:29:52
VP15 - Pagel & F	7.60	1:08:05	8:57	6	12:45	40	24:31	98.80	13:08:36	7:58	3	1:50:30	25	3:54:23
VP16 - Karolinenl	4.90	51:27	10:30	4	9:01	38	22:47	103.70	14:00:03	8:06	3	1:56:27	25	4:17:10
VP17 - Falkensee	6.50	1:15:00	11:32	8	24:00	50	37:19	110.20	15:15:03	8:18	4	2:20:27	30	4:54:29
VP18 - Schönwal	5.80	1:05:31	11:17	7	19:48	44	31:43	116.00	16:20:34	8:27	4	2:40:15	33	5:26:12
VP19 - Grenzturn	7.30	1:26:56	11:54	6	24:16	45	42:55	123.30	17:47:30	8:39	4	3:04:31	33	6:09:07
VP20 - Rudercluk	4.80	48:59	10:12	4	7:39	30	27:48	128.10	18:36:29	8:42	4	3:08:29	33	6:29:43
VP21 - Frohnau	4.10	49:07	11:58	5	12:44	30	25:49	132.20	19:25:36	8:49	4	3:21:13	32	6:55:32
VP22 - Naturschu	6.40	1:05:10	10:10	4	8:47	38	27:05	138.60	20:30:46	8:52	4	3:30:00	35	7:22:37
VP23 - Oranienbu	4.50	52:48	11:43	3	9:53	36	24:38	143.10	21:23:34	8:58	4	3:39:53	33	7:47:15
VP24 - Laufftreff l	5.30	1:05:58	12:26	11	17:16	55	33:02	148.40	22:29:32	9:05	4	3:57:09	33	8:20:17
VP25 - Wilhelmsr	5.70	1:01:46	10:50	7	9:29	42	26:25	154.10	23:31:18	9:09	4	4:06:10	33	8:46:42
VP26 - Wollankst	3.10	44:17	14:17	11	19:22	64	24:33	157.20	24:15:35	9:15	4	4:16:20	33	9:10:56
Friedrich-Ludwig	4.20	42:06	10:01	7	8:25	50	17:13	161.90	24:57:41	9:15	4	4:16:48	33	9:27:53