



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Khinast, Christina

Club: TriRun Linz

Number: 441

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 18:57:06

Speed: 8.50 km/h

Running performance: 7:01 min/km

Rank in course/Total: 29 (of 397)

Rank in course/Women: 5 (of 84)

Best time in course: 15:29:48

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