



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Sons, Sandra

Club: LG Wuppertal

Number: 8

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 19:09:51

Speed: 8.45 km/h

Running performance: 7:06 min/km

Rank in course/Total: 36 (of 397)

Rank in course/Women: 6 (of 84)

Best time in course: 15:29:48

Rank in category: 2(of 15)

Best time in the category: 18:57:06

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