



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Jo, Yoshiko

Club: Team Running Skirts

Number: 414

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 19:38:15

Speed: 8.20 km/h

Running performance: 7:17 min/km

Rank in course/Total: 44 (of 397)

Rank in course/Women: 8 (of 84)

Best time in course: 15:29:48

Rank in category: 1(of 19)

Best time in the category: 19:38:15

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