



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

Detailed evaluation

Cairns, Isobel

Club: Tyne Bridge Harriers (Newcastle)

Number: 394

Course: 161.90 km

100MeilenBerlin

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 19:50:46

Speed: 8.11 km/h

Running performance: 7:21 min/km

Rank in course/Total: 48 (of 397)

Rank in course/Women: 10 (of 84)

Best time in course: 15:29:48

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