



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Erckner, Gisela

Club: Reutlingen

Number: 188

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 28:08:51

Speed: 5.72 km/h

Running performance: 10:30 min/km

Rank in course/Total: 154 (of 221)

Rank in course/Women: 17 (of 28)

Best time in course: 17:13:09

Rank in category: 8 (of 12)

Best time in the category: 17:13:09

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
km 6,28 Gedenk	6.28	45:19	7:12	9	5:58	13	6:03	6.28	45:19	7:12	9	5:58	13	6:03
km 11,32 Behms	5.04	35:24	7:01	8	8:17	15	8:17	11.32	1:20:43	7:07	8	14:15	13	14:15
km 22,10 Lübars	10.78	1:23:39	7:45	11	23:26	23	24:20	22.10	2:44:22	7:26	10	37:41	19	38:08
km 32,52 Naturs	10.42	1:23:05	7:58	8	21:15	16	21:15	32.52	4:07:27	7:36	9	58:56	17	58:56
km 43,36 Ruderc	10.84	1:42:33	9:27	12	36:26	25	36:26	43.36	5:50:00	8:04	11	1:35:22	21	1:35:22
km 55,35 Schönv	11.99	1:36:51	8:04	8	21:11	14	21:51	55.35	7:26:51	8:04	10	1:56:33	21	1:56:33
km 68,07 Garten	12.72	2:06:42	9:57	10	45:13	23	45:13	68.07	9:33:33	8:25	10	2:41:46	22	2:41:46
km 80,53 Schloß	12.46	2:38:47	12:44	10	1:19:43	25	1:19:43	80.53	12:12:20	9:05	10	4:01:29	22	4:01:29
km 99,65 Geden	19.12	3:40:27	11:31	9	1:38:41	24	1:44:07	99.65	15:52:47	9:33	9	5:40:10	21	5:40:10
km 112,75 Sport	13.10	2:41:01	12:17	8	1:09:10	16	1:09:10	112.75	18:33:48	9:52	8	6:49:20	19	6:49:20
km 124,92 Lichte	12.17	2:12:57	10:55	9	47:58	15	47:58	124.92	20:46:45	9:58	8	7:37:18	19	7:37:18
km 134,98 Buck	10.06	1:46:07	10:32	8	41:46	15	41:46	134.98	22:32:52	10:01	8	8:19:04	18	8:19:04
Test	9.89	2:06:38	12:48	8	54:29	16	54:29	144.87	24:39:30	10:12	8	9:13:33	17	9:13:33
Stadion Lobeckst	16.01	3:29:21	13:04	10	1:42:09	20	1:42:09	160.90	28:08:51	10:29	8	10:55:42	17	10:55:42