



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

Detailed evaluation

Grohmann, Gabriele

Club: Troisdorfer LG M.U.T.

Number: 224

Course: 160.90 km

100MeilenBerlin

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 21:15:54

Speed: 7.57 km/h

Running performance: 7:56 min/km

Rank in course/Total: 40 (of 221)

Rank in course/Women: 5 (of 28)

Best time in course: 17:13:09

Rank in category: 3 (of 12)

Best time in the category: 17:13:09

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
km 6,28 Gedenk	6.28	41:53	6:40	3	2:32	5	2:37	6.28	41:53	6:40	3	2:32	5	2:37
km 11,32 Behms	5.04	30:56	6:08	4	3:49	6	3:49	11.32	1:12:49	6:25	4	6:21	6	6:21
km 22,10 Lübars	10.78	1:11:08	6:35	4	10:55	6	11:49	22.10	2:23:57	6:30	4	17:16	6	17:43
km 32,52 Naturs	10.42	1:10:57	6:48	4	9:07	6	9:07	32.52	3:34:54	6:36	4	26:23	6	26:23
km 43,36 Ruderc	10.84	1:15:22	6:57	3	9:15	5	9:15	43.36	4:50:16	6:41	4	35:38	6	35:38
km 55,35 Schönv	11.99	1:23:23	6:57	4	7:43	6	8:23	55.35	6:13:39	6:45	4	43:21	6	43:21
km 68,07 Garten	12.72	1:34:27	7:25	4	12:58	6	12:58	68.07	7:48:06	6:52	4	56:19	6	56:19
km 80,53 Schloß	12.46	1:47:34	8:37	3	28:30	6	28:30	80.53	9:35:40	7:08	4	1:24:49	6	1:24:49
km 99,65 Geden	19.12	2:25:16	7:35	4	23:30	6	28:56	99.65	12:00:56	7:14	4	1:48:19	6	1:48:19
km 112,75 Sport	13.10	1:53:33	8:40	3	21:42	5	21:42	112.75	13:54:29	7:24	3	2:10:01	5	2:10:01
km 124,92 Lichte	12.17	1:48:22	8:54	2	23:23	4	23:23	124.92	15:42:51	7:32	3	2:33:24	5	2:33:24
km 134,98 Buck	10.06	1:22:36	8:12	3	18:15	4	18:15	134.98	17:05:27	7:35	3	2:51:39	5	2:51:39
Test	9.89	1:29:05	9:00	2	16:56	4	16:56	144.87	18:34:32	7:41	2	3:08:35	4	3:08:35
Stadion Lobeckst	16.01	2:41:22	10:04	4	54:10	7	54:10	160.90	21:15:54	7:55	3	4:02:45	5	4:02:45