



# 100MeilenBerlin - der Mauerweglauf

Berlin / 16.08.2014

## evaluación detallada

**Seidel, Grit**

Asociación: LG Nord Berlin Ultrateam

Dorsal: 266

recorrido: 160.90 km

100MeilenBerlin

categoría:

Seniorinnen W40 (40-44 Jahre)

tiempo total: 18:16:29

velocidad: 8.76 km/h

rendimiento en carrera: 6:49 min/km

posición en el recorrido/Total: 23 (de 246)

posición en el recorrido/Women: 1 (de 35)

mejor tiempo del recorrido: 18:16:29

posición en la categoría: 1(de 10)

mejor tiempo en la categoría: 18:16:29

### tiempos parciales

### stage score

### Total score

| control           | etapa<br>km | etapa<br>tiempo | etapa<br>min/km | stage score |         | Total score |         | Total<br>km | Total<br>tiempo | Total<br>min/km | posición |       | retraso |       |
|-------------------|-------------|-----------------|-----------------|-------------|---------|-------------|---------|-------------|-----------------|-----------------|----------|-------|---------|-------|
|                   |             |                 |                 | posición    | retraso | posición    | retraso |             |                 |                 | Women    | Women |         |       |
| VP1 - Mahnmal P   | 9.02        | 57:45           | 6:24            | 3           | 2:03    | 4           | 6:13    | 9.02        | 57:45           | 6:24            | 3        | 2:03  | 4       | 6:13  |
| VP2 - Schlesische | 5.98        | 34:17           | 5:43            | 2           | 0:14    | 3           | 1:18    | 15.00       | 1:32:02         | 6:08            | 3        | 1:05  | 4       | 7:31  |
| VP3 - Sonnenalle  | 6.00        | 34:59           | 5:49            | 1           | -       | 2           | 1:30    | 21.00       | 2:07:01         | 6:02            | 1        | -     | 2       | 9:01  |
| VP4 - Stubenrauc  | 5.73        | 32:43           | 5:42            | 1           | -       | 2           | 1:21    | 26.73       | 2:39:44         | 5:58            | 1        | -     | 2       | 10:22 |
| VP5 - U-Bahnhof   | 4.30        | 27:49           | 6:28            | 1           | -       | 2           | 1:14    | 31.03       | 3:07:33         | 6:02            | 1        | -     | 2       | 11:36 |
| VP6 - Buckower I  | 5.40        | 34:41           | 6:25            | 1           | -       | 2           | 2:07    | 36.43       | 3:42:14         | 6:06            | 1        | -     | 2       | 13:43 |
| VP7 - Kirchhainer | 5.54        | 33:02           | 5:57            | 1           | -       | 2           | 0:06    | 41.97       | 4:15:16         | 6:04            | 1        | -     | 2       | 13:49 |
| VP8 - Lichtenradi | 4.42        | 26:23           | 5:58            | 1           | -       | 2           | 0:08    | 46.39       | 4:41:39         | 6:04            | 1        | -     | 2       | 13:57 |
| VP9 - Osdorfer St | 5.77        | 35:07           | 6:05            | 1           | -       | 2           | 0:13    | 52.16       | 5:16:46         | 6:04            | 1        | -     | 2       | 14:10 |
| VP10 - Sportplatz | 6.41        | 40:04           | 6:15            | 1           | -       | 1           | -       | 58.57       | 5:56:50         | 6:05            | 1        | -     | 2       | 10:25 |
| VP11 - Königsw    | 6.18        | 39:49           | 6:26            | 1           | -       | 2           | 1:11    | 64.75       | 6:36:39         | 6:07            | 1        | -     | 2       | 11:36 |
| VP12 - Gedenkst   | 6.18        | 43:29           | 7:02            | 1           | -       | 1           | -       | 70.93       | 7:20:08         | 6:12            | 1        | -     | 2       | 8:47  |
| VP13 - Brauhaus   | 6.84        | 42:47           | 6:15            | 1           | -       | 1           | -       | 77.77       | 8:02:55         | 6:12            | 1        | -     | 2       | 3:16  |
| VP14 - Revierförs | 6.06        | 40:34           | 6:41            | 1           | -       | 2           | 0:08    | 83.83       | 8:43:29         | 6:14            | 1        | -     | 2       | 3:24  |
| VP15 - Schloß Sa  | 6.20        | 46:34           | 7:30            | 1           | -       | 1           | -       | 90.03       | 9:30:03         | 6:19            | 1        | -     | 2       | 0:30  |
| VP16 - Pagel & Fi | 7.63        | 49:20           | 6:27            | 1           | -       | 1           | -       | 97.66       | 10:19:23        | 6:20            | 1        | -     | 1       | -     |
| VP17 - Wilhelmst  | 4.84        | 32:59           | 6:48            | 1           | -       | 1           | -       | 102.50      | 10:52:22        | 6:21            | 1        | -     | 1       | -     |
| VP18 - Falkensee  | 6.58        | 44:42           | 6:47            | 1           | -       | 1           | -       | 109.08      | 11:37:04        | 6:23            | 1        | -     | 1       | -     |
| VP19 - Schönwal   | 5.70        | 42:02           | 7:22            | 1           | -       | 1           | -       | 114.78      | 12:19:06        | 6:26            | 1        | -     | 1       | -     |
| VP20 - Grenzturn  | 7.53        | 54:55           | 7:17            | 1           | -       | 2           | 6:28    | 122.31      | 13:14:01        | 6:29            | 1        | -     | 1       | -     |
| VP21 - Ruderclub  | 4.78        | 40:16           | 8:25            | 1           | -       | 1           | -       | 127.09      | 13:54:17        | 6:33            | 1        | -     | 1       | -     |
| VP22 - Frohnau (  | 4.03        | 30:09           | 7:28            | 1           | -       | 1           | -       | 131.12      | 14:24:26        | 6:35            | 1        | -     | 1       | -     |
| VP23 - Naturschu  | 6.78        | 52:22           | 7:43            | 1           | -       | 1           | -       | 137.90      | 15:16:48        | 6:38            | 1        | -     | 1       | -     |
| VP24 - Oranienbu  | 4.75        | 38:32           | 8:06            | 1           | -       | 1           | -       | 142.65      | 15:55:20        | 6:41            | 1        | -     | 1       | -     |
| VP25 - Lübars     | 5.69        | 46:22           | 8:08            | 1           | -       | 4           | 0:55    | 148.34      | 16:41:42        | 6:45            | 1        | -     | 1       | -     |
| VP26 - S-Bahnh    | 5.71        | 45:00           | 7:52            | 1           | -       | 2           | 0:51    | 154.05      | 17:26:42        | 6:47            | 1        | -     | 1       | -     |
| VP27 - Wollankst  | 3.09        | 18:41           | 6:02            | 1           | -       | 3           | 1:42    | 157.14      | 17:45:23        | 6:46            | 1        | -     | 1       | -     |
| Friedrich-Ludwig  | 3.76        | 31:06           | 8:16            | 1           | -       | 3           | 5:00    | 160.90      | 18:16:29        | 6:48            | 1        | -     | 1       | -     |