



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

evaluación detallada

Hadbawnik, Iris

Asociación: UltraRunners.de

Dorsal: 273

recorrido: 161.90 km

100MeilenBerlin

categoría:

Seniorinnen W40 (40-44 Jahre)

tiempo total: 23:49:27

velocidad: 6.76 km/h

rendimiento en carrera: 8:50 min/km

posición en el recorrido/Total: 116 (de 319)

posición en el recorrido/Women: 20 (de 62)

mejor tiempo del recorrido: 17:03:32

posición en la categoría: 4(de 11)

mejor tiempo en la categoría: 18:39:44

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | retraso | | Total km | Total tiempo | Total min/km | retraso | | retraso | |
|---------------------|-------------|-----------------|------------------------|---------|-------|---------|-------|-------------|-----------------|-----------------|---------|---------|---------|---------|
| | | | | Wome | Women | Wome | Women | | | | Wome | Women | | |
| VP1 - Brandenbu | 7.30 | 48:58 | 6:42 | 6 | 7:41 | 25 | 8:00 | 7.30 | 48:58 | 6:42 | 6 | 7:41 | 25 | 8:00 |
| VP2 - East Side C | 6.46 | 44:24 | 6:52 | 6 | 7:47 | 23 | 9:36 | 13.76 | 1:33:22 | 6:47 | 6 | 15:28 | 24 | 17:36 |
| VP3 - Dammweg | 5.90 | 39:50 | 6:45 | 4 | 5:59 | 21 | 8:53 | 19.66 | 2:13:12 | 6:46 | 5 | 21:27 | 23 | 26:29 |
| VP4 - Johannisth | 5.64 | 39:49 | 7:03 | 5 | 9:16 | 24 | 9:58 | 25.30 | 2:53:01 | 6:50 | 5 | 30:43 | 24 | 36:27 |
| VP5 - U-Bahnhof | 5.90 | 41:57 | 7:06 | 4 | 7:56 | 20 | 10:13 | 31.20 | 3:34:58 | 6:53 | 4 | 38:39 | 22 | 46:40 |
| VP6 - Buckow | 4.92 | 35:49 | 7:16 | 3 | 6:06 | 20 | 7:54 | 36.12 | 4:10:47 | 6:56 | 4 | 44:45 | 22 | 54:34 |
| VP7 - Kirchhainer | 6.17 | 45:25 | 7:21 | 3 | 9:07 | 17 | 10:04 | 42.29 | 4:56:12 | 7:00 | 4 | 53:52 | 22 | 1:04:38 |
| VP8 - Lichtenradi | 4.37 | 30:49 | 7:03 | 4 | 4:29 | 19 | 7:05 | 46.66 | 5:27:01 | 7:00 | 4 | 58:21 | 21 | 1:11:43 |
| VP9 - Osdorfer St | 5.71 | 40:29 | 7:05 | 4 | 4:37 | 19 | 8:27 | 52.37 | 6:07:30 | 7:01 | 4 | 1:02:58 | 21 | 1:19:12 |
| VP10 - Sportplatz | 6.50 | 1:11:32 | 11:00 | 8 | 32:33 | 35 | 35:06 | 58.87 | 7:19:02 | 7:27 | 5 | 1:35:31 | 23 | 1:53:29 |
| VP11 - Königsw | 6.22 | 49:11 | 7:54 | 5 | 8:51 | 17 | 12:15 | 65.09 | 8:08:13 | 7:30 | 5 | 1:44:22 | 23 | 2:00:26 |
| VP12 - Gedenkst | 6.85 | 54:09 | 7:54 | 4 | 9:08 | 19 | 13:09 | 71.94 | 9:02:22 | 7:32 | 5 | 1:53:30 | 22 | 2:10:15 |
| VP13 - Brauhaus | 6.88 | 56:44 | 8:14 | 4 | 11:29 | 17 | 13:27 | 78.82 | 9:59:06 | 7:36 | 5 | 2:04:59 | 22 | 2:20:07 |
| VP14 - Revierförs | 5.70 | 50:51 | 8:55 | 5 | 8:21 | 21 | 11:27 | 84.52 | 10:49:57 | 7:41 | 5 | 2:13:20 | 22 | 2:27:32 |
| VP15 - Schloss S | 6.24 | 1:10:00 | 11:13 | 5 | 27:05 | 22 | 29:45 | 90.76 | 11:59:57 | 7:55 | 5 | 2:40:25 | 21 | 2:57:17 |
| VP16 - Pagel & Fi | 7.60 | 1:09:47 | 9:10 | 4 | 13:39 | 19 | 17:07 | 98.36 | 13:09:44 | 8:01 | 5 | 2:54:04 | 20 | 3:14:24 |
| VP17 - Karolinenl | 4.91 | 47:02 | 9:34 | 4 | 11:19 | 20 | 15:44 | 103.27 | 13:56:46 | 8:06 | 5 | 3:05:23 | 20 | 3:30:08 |
| VP18 - Falkensee | 6.60 | 1:02:53 | 9:31 | 4 | 13:38 | 21 | 21:40 | 109.87 | 14:59:39 | 8:11 | 5 | 3:18:36 | 19 | 3:51:48 |
| VP19 - Schönwal | 5.95 | 58:16 | 9:47 | 4 | 13:55 | 19 | 20:27 | 115.82 | 15:57:55 | 8:16 | 5 | 3:27:57 | 19 | 4:06:40 |
| VP20 - Grenzturn | 7.60 | 1:12:13 | 9:30 | 3 | 6:02 | 14 | 23:48 | 123.42 | 17:10:08 | 8:20 | 5 | 3:33:59 | 20 | 4:30:28 |
| VP21 - Ruderclub | 4.78 | 1:09:54 | 14:37 | 7 | 35:02 | 39 | 37:00 | 128.20 | 18:20:02 | 8:34 | 5 | 4:09:01 | 21 | 5:07:28 |
| VP22 - Frohnau | 4.07 | 43:19 | 10:38 | 4 | 14:18 | 23 | 17:03 | 132.27 | 19:03:21 | 8:38 | 5 | 4:23:19 | 21 | 5:24:08 |
| VP23 - Naturschu | 6.61 | 1:12:39 | 10:59 | 5 | 19:37 | 24 | 26:35 | 138.88 | 20:16:00 | 8:45 | 4 | 4:42:56 | 19 | 5:50:16 |
| VP24 - Oranienbu | 4.98 | 49:28 | 9:55 | 4 | 11:18 | 17 | 15:48 | 143.86 | 21:05:28 | 8:47 | 4 | 4:54:14 | 19 | 6:06:04 |
| VP25 - Laufftreff l | 5.34 | 55:47 | 10:26 | 6 | 13:22 | 24 | 19:43 | 149.20 | 22:01:15 | 8:51 | 4 | 5:07:05 | 20 | 6:23:35 |
| VP26 - Wilhelmsr | 5.72 | 51:08 | 8:56 | 5 | 4:26 | 16 | 13:12 | 154.92 | 22:52:23 | 8:51 | 4 | 5:11:31 | 19 | 6:36:47 |
| VP27 - Wollankst | 3.02 | 28:08 | 9:18 | 3 | 3:39 | 9 | 6:44 | 157.94 | 23:20:31 | 8:52 | 4 | 5:13:40 | 20 | 6:41:23 |
| Friedrich-Ludwig | 3.96 | 28:56 | 7:18 | 2 | 0:58 | 7 | 6:45 | 161.90 | 23:49:27 | 8:49 | 4 | 5:09:43 | 20 | 6:45:55 |