



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## evaluación detallada

**Rau, Miriam**

Asociación: SSV Lichtenrade Berlin

Dorsal: 191

recorrido: 161.90 km

100MeilenBerlin

categoría:

Seniorinnen W45 (45-49 Jahre)

tiempo total: 27:59:01

velocidad: 5.75 km/h

rendimiento en carrera: 10:22 min/km

posición en el recorrido/Total: 194 (de 319)

posición en el recorrido/Women: 35 (de 62)

mejor tiempo del recorrido: 17:03:32

posición en la categoría: 9(de 13)

mejor tiempo en la categoría: 22:39:33

### tiempos parciales

### stage score

### Total score

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