



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## evaluación detallada

**Prause, Christel**

Asociación: streakrunner.de/TEA

Dorsal: 84

recorrido: 161.90 km

100MeilenBerlin

categoría:

Seniorinnen W60 (60-64 Jahre)

tiempo total: 29:20:54

velocidad: 5.49 km/h

rendimiento en carrera: 10:53 min/km

posición en el recorrido/Total: 230 (de 319)

posición en el recorrido/Women: 46 (de 62)

mejor tiempo del recorrido: 17:03:32

posición en la categoría: 3(de 3)

mejor tiempo en la categoría: 25:29:02

### tiempos parciales

### stage score

### Total score

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