



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

evaluación detallada

Connolly, Gillian

Asociación: 100 marathon club Ireland

Dorsal: 353

recorrido: 161.90 km

100MeilenBerlin

categoría:

Seniorinnen W40 (40-44 Jahre)

tiempo total: 23:09:18

velocidad: 6.99 km/h

rendimiento en carrera: 8:35 min/km

posición en el recorrido/Total: 158 (de 397)

posición en el recorrido/Women: 22 (de 84)

mejor tiempo del recorrido: 15:29:48

posición en la categoría: 4(de 13)

mejor tiempo en la categoría: 15:29:48

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 - Checkpoint | 8.60 | 54:10 | 6:17 | 2 | 5:06 | 4 | 5:06 | 8.60 | 54:10 | 6:17 | 2 | 5:06 | 4 | 5:06 |
| VP2 - East Side C | 4.80 | 26:47 | 5:34 | 2 | 2:00 | 4 | 2:00 | 13.40 | 1:20:57 | 6:02 | 2 | 7:06 | 4 | 7:06 |
| VP3 - Dammweg | 5.80 | 36:59 | 6:22 | 3 | 5:16 | 7 | 5:16 | 19.20 | 1:57:56 | 6:08 | 2 | 12:22 | 5 | 12:22 |
| VP4 - Johannisth | 5.70 | 34:56 | 6:07 | 4 | 4:41 | 7 | 4:41 | 24.90 | 2:32:52 | 6:08 | 2 | 17:03 | 4 | 17:03 |
| VP5 - Imbiß "Am | 9.50 | 1:00:43 | 6:23 | 4 | 8:43 | 9 | 8:43 | 34.40 | 3:33:35 | 6:12 | 2 | 25:46 | 4 | 25:46 |
| VP6 - Buckow | 4.50 | 29:42 | 6:35 | 3 | 4:20 | 7 | 4:20 | 38.90 | 4:03:17 | 6:15 | 2 | 30:06 | 5 | 30:06 |
| control | 7.60 | 52:52 | 6:57 | 5 | 10:29 | 16 | 10:29 | 46.50 | 4:56:09 | 6:22 | 4 | 40:35 | 8 | 40:35 |
| VP8 - Osdorfer St | 6.30 | 46:46 | 7:25 | 6 | 11:19 | 24 | 11:19 | 52.80 | 5:42:55 | 6:29 | 4 | 51:54 | 10 | 51:54 |
| VP9 - Sportplatz | 6.50 | 52:43 | 8:06 | 4 | 16:53 | 21 | 16:53 | 59.30 | 6:35:38 | 6:40 | 4 | 1:08:47 | 12 | 1:08:47 |
| VP10 - Königswe | 6.20 | 43:38 | 7:02 | 3 | 8:54 | 11 | 8:54 | 65.50 | 7:19:16 | 6:42 | 3 | 1:17:41 | 11 | 1:17:41 |
| VP11 - Gedenkst | 6.80 | 52:12 | 7:40 | 5 | 13:28 | 17 | 13:28 | 72.30 | 8:11:28 | 6:47 | 3 | 1:31:09 | 12 | 1:31:09 |
| VP12 - Brauhaus | 6.90 | 56:00 | 8:06 | 3 | 16:45 | 17 | 16:45 | 79.20 | 9:07:28 | 6:54 | 3 | 1:47:54 | 13 | 1:47:54 |
| VP13 - Revierförs | 5.70 | 44:32 | 7:48 | 4 | 10:27 | 14 | 10:39 | 84.90 | 9:52:00 | 6:58 | 3 | 1:58:21 | 13 | 1:58:21 |
| VP14 - Schloss S | 6.30 | 1:27:21 | 13:51 | 10 | 50:21 | 67 | 50:21 | 91.20 | 11:19:21 | 7:26 | 3 | 2:48:42 | 16 | 2:48:42 |
| VP15 - Pagel & Fi | 7.60 | 1:13:25 | 9:39 | 10 | 29:51 | 48 | 29:51 | 98.80 | 12:32:46 | 7:37 | 5 | 3:18:33 | 18 | 3:18:33 |
| VP16 - Karolinenl | 4.90 | 47:58 | 9:47 | 5 | 19:18 | 31 | 19:18 | 103.70 | 13:20:44 | 7:43 | 5 | 3:37:51 | 19 | 3:37:51 |
| VP17 - Falkensee | 6.50 | 1:01:00 | 9:23 | 7 | 23:19 | 35 | 23:19 | 110.20 | 14:21:44 | 7:49 | 5 | 4:01:10 | 19 | 4:01:10 |
| VP18 - Schönwal | 5.80 | 1:00:27 | 10:25 | 7 | 26:39 | 35 | 26:39 | 116.00 | 15:22:11 | 7:56 | 5 | 4:27:49 | 19 | 4:27:49 |
| VP19 - Grenzturn | 7.30 | 1:26:46 | 11:53 | 7 | 42:45 | 43 | 42:45 | 123.30 | 16:48:57 | 8:10 | 5 | 5:10:34 | 19 | 5:10:34 |
| VP20 - Rudercluk | 4.80 | 51:07 | 10:38 | 5 | 29:56 | 32 | 29:56 | 128.10 | 17:40:04 | 8:16 | 4 | 5:33:18 | 23 | 5:33:18 |
| VP21 - Frohnau | 4.10 | 44:52 | 10:56 | 4 | 21:34 | 20 | 21:34 | 132.20 | 18:24:56 | 8:21 | 4 | 5:54:52 | 22 | 5:54:52 |
| VP22 - Naturschu | 6.40 | 1:01:02 | 9:32 | 5 | 22:57 | 30 | 22:57 | 138.60 | 19:25:58 | 8:24 | 4 | 6:17:49 | 22 | 6:17:49 |
| VP23 - Oranienbu | 4.50 | 46:50 | 10:24 | 4 | 18:40 | 27 | 18:40 | 143.10 | 20:12:48 | 8:28 | 4 | 6:36:29 | 22 | 6:36:29 |
| VP24 - Laufftreff l | 5.30 | 53:09 | 10:01 | 3 | 20:13 | 21 | 20:13 | 148.40 | 21:05:57 | 8:31 | 4 | 6:56:42 | 22 | 6:56:42 |
| VP25 - Wilhelmsr | 5.70 | 55:50 | 9:47 | 6 | 20:29 | 28 | 20:29 | 154.10 | 22:01:47 | 8:34 | 4 | 7:17:11 | 22 | 7:17:11 |
| VP26 - Wollankst | 3.10 | 33:13 | 10:42 | 8 | 13:10 | 38 | 13:29 | 157.20 | 22:35:00 | 8:37 | 4 | 7:30:21 | 22 | 7:30:21 |
| Friedrich-Ludwig | 4.20 | 34:18 | 8:09 | 5 | 9:09 | 27 | 9:25 | 161.90 | 23:09:18 | 8:34 | 4 | 7:39:30 | 22 | 7:39:30 |