



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

evaluación detallada

Isman, Dehen

Asociación: Aachen

Dorsal: 189

recorrido: 161.90 km

100MeilenBerlin

categoría:

Seniorinnen W50 (50-54 Jahre)

tiempo total: 29:27:26

velocidad: 5.47 km/h

rendimiento en carrera: 10:55 min/km

posición en el recorrido/Total: 313 (de 397)

posición en el recorrido/Women: 62 (de 84)

mejor tiempo del recorrido: 15:29:48

posición en la categoría: 14(de 19)

mejor tiempo en la categoría: 19:38:15

tiempos parciales

stage score

Total score

control	etapa km	etapa tiempo	etapaposisió min/km	retraso				Total km	Total tiempo	Total min/km	retraso			
				Wome	Women	Wome	Women				Wome	Women		
VP1 - Checkpoint	8.60	1:16:24	8:53	19	21:32	83	27:20	8.60	1:16:24	8:53	19	21:32	83	27:20
VP2 - East Side C	4.80	41:22	8:37	19	11:29	83	16:35	13.40	1:57:46	8:47	19	32:43	83	43:55
VP3 - Dammweg	5.80	55:43	9:36	19	17:40	84	24:00	19.20	2:53:29	9:02	19	50:23	84	1:07:55
VP4 - Johannisth	5.70	51:45	9:04	18	16:16	79	21:30	24.90	3:45:14	9:02	19	1:04:46	84	1:29:25
VP5 - Imbiß "Am	9.50	1:30:47	9:33	18	28:15	77	38:47	34.40	5:16:01	9:11	19	1:32:26	81	2:08:12
VP6 - Buckow	4.50	43:23	9:38	15	11:29	69	18:01	38.90	5:59:24	9:14	19	1:43:10	81	2:26:13
control	7.60	1:18:21	10:18	17	27:05	77	35:58	46.50	7:17:45	9:24	19	2:10:15	79	3:02:11
VP8 - Osdorfer St	6.30	1:02:08	9:51	16	18:41	73	26:41	52.80	8:19:53	9:28	18	2:28:56	77	3:28:52
VP9 - Sportplatz	6.50	1:19:05	12:09	16	35:25	73	43:15	59.30	9:38:58	9:45	18	3:04:21	77	4:12:07
VP10 - Königswe	6.20	1:10:42	11:24	15	26:36	74	35:58	65.50	10:49:40	9:55	18	3:30:57	78	4:48:05
VP11 - Gedenkst	6.80	1:15:15	11:03	16	24:30	72	36:31	72.30	12:04:55	10:01	18	3:55:27	77	5:24:36
VP12 - Brauhaus	6.90	1:12:14	10:28	12	20:35	64	32:59	79.20	13:17:09	10:03	18	4:16:02	78	5:57:35
VP13 - Revierförs	5.70	1:04:28	11:18	17	22:40	71	30:35	84.90	14:21:37	10:08	18	4:38:42	76	6:27:58
VP14 - Schloss S	6.30	1:08:31	10:52	5	17:05	36	31:31	91.20	15:30:08	10:11	15	4:55:47	71	6:59:29
VP15 - Pagel & Fi	7.60	1:40:12	13:11	17	45:54	76	56:38	98.80	17:10:20	10:25	15	5:41:41	73	7:56:07
VP16 - Karolinenl	4.90	1:02:14	12:42	13	26:34	60	33:34	103.70	18:12:34	10:32	15	6:08:15	72	8:29:41
VP17 - Falkensee	6.50	1:16:37	11:47	10	30:30	54	38:56	110.20	19:29:11	10:36	15	6:38:45	69	9:08:37
VP18 - Schönwal	5.80	1:11:36	12:20	12	30:12	58	37:48	116.00	20:40:47	10:41	15	7:08:57	70	9:46:25
VP19 - Grenzturn	7.30	1:34:29	12:56	10	39:44	54	50:28	123.30	22:15:16	10:49	15	7:48:41	69	10:36:53
VP20 - Rudercluk	4.80	56:42	11:48	9	19:46	45	35:31	128.10	23:11:58	10:51	15	8:08:27	67	11:05:12
VP21 - Frohnau	4.10	1:00:05	14:39	12	19:09	48	36:47	132.20	24:12:03	10:59	15	8:27:36	63	11:41:59
VP22 - Naturschu	6.40	1:03:17	9:53	6	15:25	34	25:12	138.60	25:15:20	10:55	15	8:43:01	63	12:07:11
VP23 - Oranienbu	4.50	58:58	13:06	12	23:28	53	30:48	143.10	26:14:18	11:00	15	9:06:29	62	12:37:59
VP24 - Laufftreff l	5.30	55:19	10:26	5	16:08	28	22:23	148.40	27:09:37	10:58	14	9:22:37	61	13:00:22
VP25 - Wilhelmsr	5.70	1:02:14	10:55	10	13:42	45	26:53	154.10	28:11:51	10:58	14	9:34:21	61	13:27:15
VP26 - Wollankst	3.10	34:52	11:14	10	9:52	46	15:08	157.20	28:46:43	10:59	14	9:41:21	61	13:42:04
Friedrich-Ludwig	4.20	40:43	9:41	10	12:15	43	15:50	161.90	29:27:26	10:55	14	9:49:11	62	13:57:38