



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detalizēti rezultāti

Ramthun, Martina

Klubs: Lufthansa SV Hamburg

Numurs: 5

Posms: 160.90 km

100MeilenBerlin

Grupa:

Seniorinnen W50 (50-54 Jahre)

Kopējais laiks: 24:44:46

Ātrums: 6.47 km/h

Skrējiena izpildījums: 9:14 min/km

Vieta distancē/Kopā: 141 (no 246)

Vieta distancē/Sievietes: 13 (no 35)

Distances labākais laiks: 18:16:29

Vieta grupā: 1(no 5)

Grupas labākais laiks: 24:44:46

Vidējie laiki

Posma rezultāts

Kopējais rezultāts

Kontrolpunkts	Posma			Vietāztrūkums: Vietāztrūkums				Kopā			Vietāztrūkums: Vietāztrūkums			
	km	Laiks	min/km	grupā	grupā	Sievietes	Sievietes	km	Laiks	min/km	grupā	grupā	Sievietes	Sievietes
VP1 - Mahnmal P	9.02	1:12:00	7:58	5	12:10	29	20:28	9.02	1:12:00	7:58	5	12:10	29	20:28
VP2 - Schlesische	5.98	43:31	7:16	3	5:43	21	10:32	15.00	1:55:31	7:42	3	17:53	24	31:00
VP3 - Sonnenalle	6.00	44:46	7:27	3	8:26	22	11:17	21.00	2:40:17	7:37	3	26:19	23	42:17
VP4 - Stubenrauc	5.73	44:22	7:44	3	8:28	22	13:00	26.73	3:24:39	7:39	3	34:47	23	55:17
VP5 - U-Bahnhof	4.30	35:04	8:09	2	4:03	16	8:29	31.03	3:59:43	7:43	3	38:50	23	1:03:46
VP6 - Buckower I	5.40	42:31	7:52	3	5:44	17	9:57	36.43	4:42:14	7:44	3	44:34	21	1:13:43
VP7 - Kirchhainer	5.54	44:30	8:01	2	3:06	14	11:34	41.97	5:26:44	7:47	3	47:40	21	1:25:17
VP8 - Lichtenrad	4.42	37:17	8:26	2	5:31	21	11:02	46.39	6:04:01	7:50	2	53:11	20	1:36:19
VP9 - Osdorfer St	5.77	50:49	8:48	2	7:37	20	15:55	52.16	6:54:50	7:57	2	1:00:48	21	1:52:14
VP10 - Sportplatz	6.41	53:39	8:22	1	-	9	13:35	58.57	7:48:29	7:59	2	55:04	19	2:02:04
VP11 - Königsw	6.18	51:41	8:21	1	-	15	13:03	64.75	8:40:10	8:02	2	52:54	19	2:15:07
VP12 - Gedenkst	6.18	1:00:33	9:47	2	0:30	18	17:04	70.93	9:40:43	8:11	2	53:24	19	2:29:22
VP13 - Brauhaus	6.84	1:05:49	9:37	3	7:09	18	23:02	77.77	10:46:32	8:18	2	1:00:33	18	2:46:53
VP14 - Revierförs	6.06	49:36	8:11	1	-	10	9:10	83.83	11:36:08	8:18	2	54:33	18	2:56:03
VP15 - Schloß Sa	6.20	1:12:57	11:45	2	12:02	14	26:23	90.03	12:49:05	8:32	2	1:06:35	20	3:19:32
VP16 - Pagel & Fi	7.63	1:16:51	10:04	3	1:33	23	27:31	97.66	14:05:56	8:39	2	1:07:46	20	3:46:33
VP17 - Wilhelmst	4.84	49:47	10:17	4	4:10	23	16:48	102.50	14:55:43	8:44	2	1:11:56	20	4:03:21
VP18 - Falkensee	6.58	1:06:26	10:05	2	8:01	20	21:44	109.08	16:02:09	8:49	2	1:19:57	20	4:25:05
VP19 - Schönwal	5.70	52:07	9:08	1	-	7	10:05	114.78	16:54:16	8:50	2	1:03:30	20	4:35:10
VP20 - Grenzturn	7.53	1:10:04	9:18	1	-	11	21:37	122.31	18:04:20	8:51	2	35:16	19	4:50:19
VP21 - Ruderclub	4.78	55:49	11:40	3	6:40	13	15:33	127.09	19:00:09	8:58	2	30:19	19	5:05:52
VP22 - Frohnau (4.03	42:07	10:27	2	6:43	11	11:58	131.12	19:42:16	9:01	2	21:34	19	5:17:50
VP23 - Naturschu	6.78	1:05:48	9:42	2	5:00	9	13:26	137.90	20:48:04	9:03	1	-	15	5:31:16
VP24 - Oranienbu	4.75	55:54	11:46	2	10:20	19	17:22	142.65	21:43:58	9:08	1	-	15	5:48:38
VP25 - Lübars	5.69	58:33	10:17	1	-	11	13:06	148.34	22:42:31	9:11	1	-	15	6:00:49
VP26 - S-Bahnhö	5.71	56:19	9:51	1	-	8	12:10	154.05	23:38:50	9:12	1	-	14	6:12:08
VP27 - Wollankst	3.09	22:10	7:10	1	-	9	5:11	157.14	24:01:00	9:10	1	-	13	6:15:37
Friedrich-Ludwig	3.76	43:46	11:38	3	7:15	18	17:40	160.90	24:44:46	9:13	1	-	13	6:28:17