



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detalizēti rezultāti

Bakir, Gülay

Klubs: SSF Bonn

Numurs: 167

Posms: 161.90 km

100MeilenBerlin

Grupa:

Seniorinnen W40 (40-44 Jahre)

Kopējais laiks: 26:33:55

Ātrums: 6.06 km/h

Skrējiena izpildījums: 9:51 min/km

Vieta distancē/Kopā: 161 (no 319)

Vieta distancē/Sievietes: 28 (no 62)

Distances labākais laiks: 17:03:32

Vieta grupā: 6(no 11)

Grupas labākais laiks: 18:39:44

Vidējie laiki

Posma rezultāts

Kopējais rezultāts

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