



# 100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

## Detalizēti rezultāti

**Rau, Miriam**

Klubs: SSV Lichtenrade Berlin

Numurs: 191

Posms: 161.90 km

100MeilenBerlin

Grupa:

Seniorinnen W45 (45-49 Jahre)

Kopējais laiks: 27:59:01

Ātrums: 5.75 km/h

Skrējiena izpildījums: 10:22 min/km

Vieta distancē/Kopā: 194 (no 319)

Vieta distancē/Sievietes: 35 (no 62)

Distances labākais laiks: 17:03:32

Vieta grupā: 9(no 13)

Grupas labākais laiks: 22:39:33

## Vidējie laiki

## Posma rezultāts

## Kopējais rezultāts

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