



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Heigl, Steffen

Club: SpVgg Neundorf / Thermalbad Wiesenbad
Number: 249

Course: 161.90 km
100MeilenBerlin

Category:
Senioren M55 (55-59 Jahre)

Total time: 22:06:14

Speed: 7.28 km/h
Running performance: 8:11 min/km

Rank in course/Total: 59 (of 319)

Rank in course/Men: 49 (of 257)

Best time in course: 15:20:48

Rank in category: 5(of 32)

Best time in the category: 16:39:21

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Brandenbu	7.30	42:44	5:51	3	3:03	36	9:27	7.30	42:44	5:51	3	3:03	36	9:27
VP2 - East Side G	6.46	37:32	5:48	3	3:14	34	7:26	13.76	1:20:16	5:49	4	6:17	34	16:38
VP3 - Dammweg	5.90	34:08	5:47	5	1:48	35	6:33	19.66	1:54:24	5:49	4	8:05	33	21:43
VP4 - Johannisth	5.64	32:32	5:46	3	2:32	26	5:57	25.30	2:26:56	5:48	4	10:37	32	27:40
VP5 - U-Bahnhof	5.90	34:00	5:45	3	2:15	22	5:06	31.20	3:00:56	5:47	3	12:52	27	32:24
VP6 - Buckow	4.92	30:22	6:10	5	2:43	33	5:44	36.12	3:31:18	5:50	3	15:03	27	38:08
VP7 - Kirchhainer	6.17	38:17	6:12	4	4:42	28	7:13	42.29	4:09:35	5:54	4	18:03	25	45:21
VP8 - Lichtenradi	4.37	25:07	5:44	3	1:27	14	3:02	46.66	4:34:42	5:53	4	19:30	24	48:23
VP9 - Osdorfer St	5.71	35:33	6:13	4	5:05	36	6:01	52.37	5:10:15	5:55	4	24:26	24	54:24
VP10 - Sportplatz	6.50	49:08	7:33	5	12:48	51	14:18	58.87	5:59:23	6:06	4	32:20	28	1:08:42
VP11 - Königsw	6.22	55:43	8:57	13	18:31	133	21:33	65.09	6:55:06	6:22	5	50:51	35	1:22:53
VP12 - Gedenkst	6.85	54:07	7:54	8	13:15	65	15:44	71.94	7:49:13	6:31	5	1:04:06	37	1:34:28
VP13 - Brauhaus	6.88	55:47	8:06	8	14:20	56	17:07	78.82	8:45:00	6:39	5	1:18:26	38	1:46:35
VP14 - Revierförs	5.70	47:10	8:16	6	12:44	52	15:06	84.52	9:32:10	6:46	4	1:31:10	34	1:59:25
VP15 - Schloss S	6.24	59:48	9:34	8	19:55	66	23:17	90.76	10:31:58	6:57	4	1:51:05	35	2:19:59
VP16 - Pagel & Fi	7.60	1:09:10	9:06	9	21:40	79	25:27	98.36	11:41:08	7:07	4	2:12:45	34	2:40:56
VP17 - Karolinenl	4.91	43:23	8:50	12	11:53	75	14:56	103.27	12:24:31	7:12	4	2:24:38	36	2:52:56
VP18 - Falkensee	6.60	58:44	8:53	12	16:02	73	20:22	109.87	13:23:15	7:18	4	2:40:40	35	3:12:20
VP19 - Schönwal	5.95	58:55	9:54	13	19:08	88	23:39	115.82	14:22:10	7:26	5	2:59:48	41	3:35:59
VP20 - Grenzturn	7.60	1:10:30	9:16	8	18:44	67	27:19	123.42	15:32:40	7:33	5	3:18:32	42	4:03:18
VP21 - Ruderclub	4.78	48:28	10:08	7	15:11	60	21:13	128.20	16:21:08	7:39	5	3:33:43	41	4:24:31
VP22 - Frohnau	4.07	39:51	9:47	10	11:26	78	15:22	132.27	17:00:59	7:43	5	3:45:09	42	4:39:47
VP23 - Naturschu	6.61	1:07:05	10:08	11	23:20	80	27:26	138.88	18:08:04	7:50	5	4:08:29	44	5:05:46
VP24 - Oranienbu	4.98	53:33	10:45	12	19:11	93	23:47	143.86	19:01:37	7:56	5	4:27:40	43	5:28:38
VP25 - Laufftreff l	5.34	56:00	10:29	10	17:37	92	26:03	149.20	19:57:37	8:01	5	4:45:17	43	5:51:48
VP26 - Wilhelmsr	5.72	57:04	9:58	12	21:35	117	24:56	154.92	20:54:41	8:05	5	5:06:52	48	6:16:14
VP27 - Wollankst	3.02	32:21	10:42	9	7:30	81	22:46	157.94	21:27:02	8:08	5	5:14:22	48	13:55:53
Friedrich-Ludwig	3.96	39:12	9:53	13	12:31	124	18:47	161.90	22:06:14	8:11	5	5:26:53	49	6:45:26