



100MeilenBerlin □ Berlin Wall Race 100 Miles

Berlin / 13.08.2016

Detailed evaluation

Niendorf, Heiko

Club: RT Feuerraeder | Laufen gegen Leiden
Number: 113

Course: 161.90 km
100MeilenBerlin

Category:
Senioren M40 (40-44 Jahre)

Total time: 23:21:16

Speed: 6.89 km/h
Running performance: 8:40 min/km

Rank in course/Total: 91 (of 319)

Rank in course/Men: 76 (of 257)

Best time in course: 15:20:48

Rank in category: 8(of 31)

Best time in the category: 15:20:48

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	44:31	6:05	9	4:54	58	11:14	7.30	44:31	6:05	9	4:54	58	11:14
VP2 - East Side C	6.46	41:14	6:22	10	6:56	71	11:08	13.76	1:25:45	6:13	9	11:45	58	22:07
VP3 - Dammweg	5.90	36:48	6:14	10	5:49	65	9:13	19.66	2:02:33	6:14	9	17:33	58	29:52
VP4 - Johannisth	5.64	34:43	6:09	7	5:47	53	8:08	25.30	2:37:16	6:12	7	23:20	57	38:00
VP5 - U-Bahnhof	5.90	37:40	6:23	8	7:04	54	8:46	31.20	3:14:56	6:14	7	30:24	57	46:24
VP6 - Buckow	4.92	30:51	6:16	6	4:37	41	6:13	36.12	3:45:47	6:15	7	35:01	57	52:37
VP7 - Kirchhainer	6.17	41:05	6:39	6	8:13	49	10:01	42.29	4:26:52	6:18	7	43:14	52	1:02:38
VP8 - Lichtenradi	4.37	25:51	5:54	3	2:38	20	3:46	46.66	4:52:43	6:16	7	45:52	50	1:06:24
VP9 - Osdorfer St	5.71	35:13	6:10	4	4:33	34	5:41	52.37	5:27:56	6:15	7	50:25	49	1:12:05
VP10 - Sportplatz	6.50	47:50	7:21	6	10:34	43	13:00	58.87	6:15:46	6:22	6	1:00:59	49	1:25:05
VP11 - Königsw	6.22	47:24	7:37	7	13:14	52	13:14	65.09	7:03:10	6:30	5	1:14:13	43	1:30:57
VP12 - Gedenkst	6.85	52:21	7:38	6	12:57	51	13:58	71.94	7:55:31	6:36	4	1:27:10	43	1:40:46
VP13 - Brauhaus	6.88	56:48	8:15	10	18:01	74	18:08	78.82	8:52:19	6:45	4	1:45:11	42	1:53:54
VP14 - Revierförs	5.70	48:48	8:33	8	14:59	66	16:44	84.52	9:41:07	6:52	4	2:00:10	43	2:08:22
VP15 - Schloss S	6.24	1:00:17	9:39	6	23:46	69	23:46	90.76	10:41:24	7:04	4	2:23:56	42	2:29:25
VP16 - Pagel & Fi	7.60	1:10:32	9:16	10	24:55	91	26:49	98.36	11:51:56	7:14	4	2:48:51	43	2:51:44
VP17 - Karolinenl	4.91	47:10	9:36	13	18:40	113	18:43	103.27	12:39:06	7:21	5	3:07:31	46	3:07:31
VP18 - Falkensee	6.60	1:00:06	9:06	8	20:46	84	21:44	109.87	13:39:12	7:27	5	3:28:17	50	3:28:17
VP19 - Schönwal	5.95	57:04	9:35	7	21:48	79	21:48	115.82	14:36:16	7:33	5	3:50:05	51	3:50:05
VP20 - Grenzturn	7.60	1:14:43	9:49	9	31:32	87	31:32	123.42	15:50:59	7:42	5	4:21:37	53	4:21:37
VP21 - Ruderclub	4.78	1:10:22	14:43	18	43:07	161	43:07	128.20	17:01:21	7:58	5	5:04:44	57	5:04:44
VP22 - Frohnau	4.07	40:59	10:04	9	16:24	91	16:30	132.27	17:42:20	8:01	5	5:21:08	56	5:21:08
VP23 - Naturschu	6.61	1:15:01	11:20	13	33:55	115	35:22	138.88	18:57:21	8:11	6	5:55:03	62	5:55:03
VP24 - Oranienbu	4.98	59:49	12:00	18	29:08	142	30:03	143.86	19:57:10	8:19	7	6:24:11	66	6:24:11
VP25 - Laufftreff l	5.34	59:24	11:07	12	26:34	115	29:27	149.20	20:56:34	8:25	8	6:50:45	66	6:50:45
VP26 - Wilhelmsr	5.72	1:04:33	11:17	19	31:55	164	32:25	154.92	22:01:07	8:31	8	7:22:40	70	7:22:40
VP27 - Wollankst	3.02	38:01	12:35	15	17:23	139	28:26	157.94	22:39:08	8:36	8	7:40:03	72	15:07:59
Friedrich-Ludwig	3.96	42:08	10:38	21	20:25	148	21:43	161.90	23:21:16	8:39	8	8:00:28	76	8:00:28