



100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

NIENDORF, Heiko

Club: Laufen gegen Leiden e.V.

Number: 146

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:52:05

Speed: 7.72 km/h

Running performance: 7:45 min/km

Rank in course/Total: 138 (of 459)

Rank in course/Men: 66 (of 302)

Best time in course: 13:39:56

Rank in category: 24(of 85)

Best time in the category: 15:47:54

| 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 - Wilhelmsru | 6.94 | 39:19 | 5:39 | 12 | 5:55 | 48 | 8:18 | 6.94 | 39:19 | 5:39 | 12 | 5:55 | 48 | 8:18 |
| VP2 - Laufftreff Li | 5.69 | 31:50 | 5:35 | 8 | 4:35 | 31 | 7:45 | 12.63 | 1:11:09 | 5:38 | 10 | 10:30 | 37 | 16:03 |
| VP3 - Oranienbur | 5.74 | 30:25 | 5:17 | 7 | 4:36 | 32 | 6:19 | 18.37 | 1:41:34 | 5:31 | 10 | 15:06 | 37 | 22:22 |
| VP4 - Naturschut | 4.70 | 28:53 | 6:08 | 9 | 3:46 | 39 | 6:27 | 23.07 | 2:10:27 | 5:39 | 9 | 18:52 | 36 | 28:49 |
| VP5 - Frohnau | 6.80 | 37:16 | 5:28 | 8 | 4:02 | 33 | 8:21 | 29.87 | 2:47:43 | 5:36 | 9 | 21:55 | 34 | 37:10 |
| VP6 - Ruderclub | 4.06 | 23:37 | 5:49 | 6 | 2:08 | 28 | 5:30 | 33.93 | 3:11:20 | 5:38 | 9 | 24:03 | 33 | 42:37 |
| VP7 - Grenzturm | 4.75 | 27:03 | 5:41 | 6 | 2:59 | 30 | 5:20 | 38.68 | 3:38:23 | 5:38 | 8 | 27:02 | 33 | 47:57 |
| VP8 - Schönwald | 7.52 | 40:59 | 5:26 | 3 | 1:32 | 15 | 5:09 | 46.20 | 4:19:22 | 5:36 | 8 | 27:42 | 31 | 52:42 |
| VP9 - Falkenseer | 5.76 | 38:41 | 6:42 | 19 | 6:17 | 58 | 10:21 | 51.96 | 4:58:03 | 5:44 | 9 | 33:54 | 37 | 1:02:35 |
| VP10 - Karolinenl | 6.54 | 43:52 | 6:42 | 18 | 8:48 | 55 | 11:40 | 58.50 | 5:41:55 | 5:50 | 9 | 41:45 | 36 | 1:14:15 |
| VP11 - Pagel & Fi | 4.90 | 36:23 | 7:25 | 33 | 8:29 | 100 | 13:20 | 63.40 | 6:18:18 | 5:58 | 9 | 50:14 | 39 | 1:27:35 |
| VP12 - Schloss S | 7.62 | 53:37 | 7:02 | 21 | 10:06 | 54 | 16:44 | 71.02 | 7:11:55 | 6:04 | 9 | 56:55 | 39 | 1:44:19 |
| VP13 - Revierförs | 6.21 | 44:18 | 7:08 | 23 | 8:33 | 65 | 15:28 | 77.23 | 7:56:13 | 6:09 | 9 | 1:03:13 | 40 | 1:59:47 |
| VP14 - Brauhaus | 6.00 | 41:24 | 6:53 | 23 | 8:23 | 69 | 12:51 | 83.23 | 8:37:37 | 6:13 | 11 | 1:10:32 | 41 | 2:12:38 |
| VP15 - Gedenkst. | 6.90 | 48:30 | 7:01 | 28 | 8:56 | 69 | 15:35 | 90.13 | 9:26:07 | 6:16 | 11 | 1:18:58 | 42 | 2:28:13 |
| VP16 - Königswe | 6.87 | 1:00:34 | 8:48 | 36 | 18:55 | 93 | 25:49 | 97.00 | 10:26:41 | 6:27 | 13 | 1:34:11 | 45 | 2:54:02 |
| VP17 - Sportplatz | 6.20 | 1:08:20 | 11:01 | 36 | 30:33 | 124 | 34:35 | 103.20 | 11:35:01 | 6:44 | 19 | 1:59:52 | 56 | 3:28:37 |
| VP18 - Osdorfer | 6.50 | 56:18 | 8:39 | 34 | 18:29 | 113 | 21:51 | 109.70 | 12:31:19 | 6:50 | 19 | 2:13:15 | 56 | 3:48:11 |
| VP19 - Lichtenra | 5.70 | 50:04 | 8:47 | 22 | 12:10 | 69 | 15:54 | 115.40 | 13:21:23 | 6:56 | 20 | 2:20:16 | 59 | 4:02:18 |
| VP20 - Kirchhain | 4.37 | 40:07 | 9:10 | 48 | 18:16 | 142 | 21:17 | 119.77 | 14:01:30 | 7:01 | 22 | 2:37:23 | 61 | 4:23:35 |
| VP21 - Buckow | 6.43 | 53:20 | 8:17 | 23 | 18:16 | 73 | 19:44 | 126.20 | 14:54:50 | 7:05 | 21 | 2:53:03 | 60 | 4:43:19 |
| VP22 - Rudow | 4.90 | 44:04 | 8:59 | 31 | 13:51 | 84 | 18:05 | 131.10 | 15:38:54 | 7:09 | 21 | 3:06:54 | 60 | 5:01:24 |
| VP23 - Johannistl | 5.90 | 50:12 | 8:30 | 20 | 15:10 | 59 | 18:37 | 137.00 | 16:29:06 | 7:13 | 21 | 3:22:04 | 60 | 5:20:01 |
| VP24 - Dammwe | 5.70 | 1:01:37 | 10:48 | 44 | 27:21 | 136 | 30:26 | 142.70 | 17:30:43 | 7:21 | 24 | 3:49:25 | 65 | 5:49:58 |
| VP25 - East Side | 5.80 | 55:35 | 9:35 | 16 | 15:04 | 48 | 18:38 | 148.50 | 18:26:18 | 7:26 | 22 | 4:04:29 | 61 | 6:06:05 |
| VP26 - Checkpoir | 5.28 | 59:20 | 11:14 | 57 | 34:17 | 203 | 37:47 | 153.78 | 19:25:38 | 7:34 | 24 | 4:38:46 | 65 | 6:41:22 |
| VP27 - Gedenkst. | 3.32 | 43:31 | 13:06 | 25 | 16:03 | 87 | 18:54 | 157.10 | 20:09:09 | 7:41 | 24 | 4:50:48 | 67 | 6:58:06 |
| Friedrich-Ludwig | 4.60 | 42:56 | 9:20 | 28 | 13:27 | 92 | 18:44 | 161.70 | 20:52:05 | 7:44 | 24 | 5:04:11 | 66 | 7:12:09 |