



# 100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

**LEIßNER, Michael**

Club: laufSinn Laufteam

Number: 202

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M35 (35-39 Jahre)

Total time: 29:01:30

Speed: 5.55 km/h

Running performance: 10:46 min/km

Rank in course/Total: 330 (of 459)

Rank in course/Men: 205 (of 302)

Best time in course: 13:39:56

Rank in category: 22(of 31)

Best time in the category: 14:42:13

| 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     | 48:47      | 7:01         | 19          | 16:56       | 188     | 17:46      | 6.94          | 48:47      | 7:01         | 19       | 16:56       | 188     | 17:46      |
| VP2 - Laufftreff Li | 5.69     | 43:24      | 7:37         | 25          | 17:21       | 229     | 19:19      | 12.63         | 1:32:11    | 7:17         | 23       | 33:03       | 218     | 37:05      |
| VP3 - Oranienbur    | 5.74     | 39:57      | 6:57         | 22          | 14:33       | 204     | 15:51      | 18.37         | 2:12:08    | 7:11         | 23       | 47:01       | 209     | 52:56      |
| VP4 - Naturschut    | 4.70     | 39:02      | 8:18         | 23          | 15:43       | 214     | 16:36      | 23.07         | 2:51:10    | 7:25         | 22       | 1:02:44     | 213     | 1:09:32    |
| VP5 - Frohnau       | 6.80     | 48:52      | 7:11         | 23          | 19:54       | 200     | 19:57      | 29.87         | 3:40:02    | 7:21         | 22       | 1:22:38     | 211     | 1:29:29    |
| VP6 - Ruderclub     | 4.06     | 40:21      | 9:56         | 26          | 22:14       | 233     | 22:14      | 33.93         | 4:20:23    | 7:40         | 23       | 1:44:52     | 215     | 1:51:40    |
| VP7 - Grenzturm     | 4.75     | 36:26      | 7:40         | 20          | 13:57       | 189     | 14:43      | 38.68         | 4:56:49    | 7:40         | 22       | 1:58:49     | 215     | 2:06:23    |
| VP8 - Schönwald     | 7.52     | 57:40      | 7:40         | 20          | 21:50       | 196     | 21:50      | 46.20         | 5:54:29    | 7:40         | 22       | 2:20:39     | 214     | 2:27:49    |
| VP9 - Falkenseer    | 5.76     | 59:43      | 10:22        | 25          | 31:23       | 251     | 31:23      | 51.96         | 6:54:12    | 7:58         | 22       | 2:52:02     | 220     | 2:58:44    |
| VP10 - Karolinenl   | 6.54     | 1:04:13    | 9:49         | 24          | 31:29       | 239     | 32:01      | 58.50         | 7:58:25    | 8:10         | 24       | 3:23:28     | 227     | 3:30:45    |
| VP11 - Pagel & Fi   | 4.90     | 47:22      | 9:39         | 22          | 22:18       | 217     | 24:19      | 63.40         | 8:45:47    | 8:17         | 23       | 3:45:15     | 225     | 3:55:04    |
| VP12 - Schloss S    | 7.62     | 1:24:44    | 11:07        | 23          | 44:56       | 228     | 47:51      | 71.02         | 10:10:31   | 8:35         | 23       | 4:24:29     | 230     | 4:42:55    |
| VP13 - Revierförs   | 6.21     | 1:00:50    | 9:47         | 24          | 28:21       | 223     | 32:00      | 77.23         | 11:11:21   | 8:41         | 23       | 4:52:50     | 227     | 5:14:55    |
| VP14 - Brauhaus     | 6.00     | 1:06:29    | 11:04        | 24          | 36:50       | 247     | 37:56      | 83.23         | 12:17:50   | 8:51         | 23       | 5:27:57     | 230     | 5:52:51    |
| VP15 - Gedenkst.    | 6.90     | 1:07:00    | 9:42         | 22          | 31:47       | 217     | 34:05      | 90.13         | 13:24:50   | 8:55         | 23       | 5:57:34     | 226     | 6:26:56    |
| VP16 - Königswe     | 6.87     | 1:23:01    | 12:05        | 25          | 42:42       | 221     | 48:16      | 97.00         | 14:47:51   | 9:09         | 23       | 6:33:42     | 224     | 7:15:12    |
| VP17 - Sportplatz   | 6.20     | 1:45:28    | 17:00        | 25          | 1:08:58     | 219     | 1:11:43    | 103.20        | 16:33:19   | 9:37         | 22       | 7:41:40     | 225     | 8:26:55    |
| VP18 - Osdorfer     | 6.50     | 1:19:48    | 12:16        | 23          | 45:21       | 211     | 45:21      | 109.70        | 17:53:07   | 9:46         | 23       | 8:23:25     | 227     | 9:09:59    |
| VP19 - Lichtenra    | 5.70     | 1:18:01    | 13:41        | 25          | 43:51       | 219     | 43:51      | 115.40        | 19:11:08   | 9:58         | 23       | 8:58:01     | 223     | 9:52:03    |
| VP20 - Kirchhain    | 4.37     | 1:00:41    | 13:53        | 25          | 37:59       | 223     | 41:51      | 119.77        | 20:11:49   | 10:07        | 24       | 9:34:37     | 222     | 10:33:54   |
| VP21 - Buckow       | 6.43     | 1:17:03    | 11:58        | 22          | 41:53       | 188     | 43:27      | 126.20        | 21:28:52   | 10:12        | 24       | 10:11:53    | 214     | 11:17:21   |
| VP22 - Rudow        | 4.90     | 1:18:02    | 15:55        | 24          | 51:03       | 220     | 52:03      | 131.10        | 22:46:54   | 10:25        | 24       | 10:58:55    | 214     | 12:09:24   |
| VP23 - Johannistl   | 5.90     | 1:13:55    | 12:31        | 17          | 41:50       | 180     | 42:20      | 137.00        | 24:00:49   | 10:31        | 23       | 11:40:45    | 208     | 12:51:44   |
| VP24 - Dammwe       | 5.70     | 1:04:09    | 11:15        | 17          | 32:58       | 152     | 32:58      | 142.70        | 25:04:58   | 10:32        | 22       | 12:13:43    | 206     | 13:24:13   |
| VP25 - East Side    | 5.80     | 1:18:52    | 13:35        | 20          | 40:01       | 179     | 41:55      | 148.50        | 26:23:50   | 10:39        | 22       | 12:53:44    | 207     | 14:03:37   |
| VP26 - Checkpoir    | 5.28     | 51:25      | 9:44         | 21          | 29:16       | 181     | 29:52      | 153.78        | 27:15:15   | 10:38        | 22       | 13:23:00    | 205     | 14:30:59   |
| VP27 - Gedenkst.    | 3.32     | 50:15      | 15:08        | 18          | 25:38       | 151     | 25:38      | 157.10        | 28:05:30   | 10:43        | 22       | 13:48:38    | 205     | 14:54:27   |
| Friedrich-Ludwig    | 4.60     | 56:00      | 12:10        | 20          | 30:39       | 179     | 31:48      | 161.70        | 29:01:30   | 10:46        | 22       | 14:19:17    | 205     | 15:21:34   |