



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

**HEIGL, Steffen**

Club: SpVgg Neundorf / Thermalbad Wi  
Number: 90

Course: 161.70 km  
100MeilenBerlin

Category:  
Senioren M55 (55-59 Jahre)

Total time: 19:46:46

Speed: 8.14 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 113 (of 459)

Rank in course/Men: 48 (of 302)

Best time in course: 13:39:56

Rank in category: 2(of 46)

Best time in the category: 13:39:56

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	40:29	5:49	2	9:28	54	9:28	6.94	40:29	5:49	2	9:28	54	9:28
VP2 - Laufftreff Li	5.69	33:52	5:57	2	9:47	50	9:47	12.63	1:14:21	5:53	2	19:15	49	19:15
VP3 - Oranienbur	5.74	32:30	5:39	2	8:24	58	8:24	18.37	1:46:51	5:48	2	27:39	51	27:39
VP4 - Naturschut	4.70	30:15	6:26	3	7:49	59	7:49	23.07	2:17:06	5:56	2	35:28	52	35:28
VP5 - Frohnau	6.80	38:21	5:38	2	9:26	40	9:26	29.87	2:55:27	5:52	2	44:54	47	44:54
VP6 - Ruderclub	4.06	25:55	6:23	2	7:45	45	7:48	33.93	3:21:22	5:56	2	52:39	46	52:39
VP7 - Grenzturm	4.75	28:42	6:02	2	6:59	48	6:59	38.68	3:50:04	5:56	2	59:38	45	59:38
VP8 - Schönwald	7.52	46:22	6:09	3	10:08	55	10:32	46.20	4:36:26	5:59	2	1:09:46	46	1:09:46
VP9 - Falkenseer	5.76	38:04	6:36	3	9:16	55	9:44	51.96	5:14:30	6:03	2	1:19:02	46	1:19:02
VP10 - Karolinenl	6.54	44:15	6:45	3	12:03	56	12:03	58.50	5:58:45	6:07	2	1:31:05	50	1:31:05
VP11 - Pagel & Fi	4.90	31:06	6:20	2	8:03	35	8:03	63.40	6:29:51	6:08	2	1:39:08	45	1:39:08
VP12 - Schloss S	7.62	53:47	7:03	3	16:54	55	16:54	71.02	7:23:38	6:14	2	1:56:02	45	1:56:02
VP13 - Revierförs	6.21	44:32	7:10	4	15:42	67	15:42	77.23	8:08:10	6:19	2	2:11:44	45	2:11:44
VP14 - Brauhaus	6.00	41:18	6:52	4	12:45	65	12:45	83.23	8:49:28	6:21	2	2:24:29	51	2:24:29
VP15 - Gedenkst.	6.90	48:58	7:05	5	16:03	76	16:03	90.13	9:38:26	6:25	2	2:40:32	51	2:40:32
VP16 - Königswe	6.87	1:04:12	9:20	13	29:27	132	29:27	97.00	10:42:38	6:37	3	3:09:59	57	3:09:59
VP17 - Sportplatz	6.20	54:43	8:49	6	20:58	54	20:58	103.20	11:37:21	6:45	2	3:30:57	59	3:30:57
VP18 - Osdorfer	6.50	43:55	6:45	2	7:11	25	9:28	109.70	12:21:16	6:45	2	3:38:08	48	3:38:08
VP19 - Lichtenra	5.70	47:57	8:24	4	12:00	54	13:47	115.40	13:09:13	6:50	2	3:50:08	47	3:50:08
VP20 - Kirchhain	4.37	30:48	7:02	3	11:58	47	11:58	119.77	13:40:01	6:50	2	4:02:06	47	4:02:06
VP21 - Buckow	6.43	54:09	8:25	8	20:33	89	20:33	126.20	14:34:10	6:55	2	4:22:39	54	4:22:39
VP22 - Rudow	4.90	35:37	7:16	2	9:38	25	9:38	131.10	15:09:47	6:56	2	4:32:17	51	4:32:17
VP23 - Johannistl	5.90	49:02	8:18	5	17:27	52	17:27	137.00	15:58:49	6:59	2	4:49:44	50	4:49:44
VP24 - Dammwe	5.70	47:19	8:18	4	15:39	45	16:08	142.70	16:46:08	7:03	2	5:05:23	47	5:05:23
VP25 - East Side	5.80	57:23	9:53	3	17:55	54	20:26	148.50	17:43:31	7:09	2	5:23:18	47	5:23:18
VP26 - Checkpoir	5.28	41:13	7:48	9	17:10	96	19:40	153.78	18:24:44	7:11	2	5:40:28	50	5:40:28
VP27 - Gedenkst.	3.32	40:19	12:08	5	13:32	60	15:42	157.10	19:05:03	7:17	2	5:54:00	50	5:54:00
Friedrich-Ludwig	4.60	41:43	9:04	8	12:50	85	17:31	161.70	19:46:46	7:20	2	6:06:50	48	6:06:50