



100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

Detailed evaluation

ACCARINO, Francesco

Club: Roma
Number: 176

Course: 161.70 km
100MeilenBerlin

Category:
Senioren M45 (45-49 Jahre)

Total time: 23:26:02

Speed: 6.87 km/h
Running performance: 8:42 min/km

Rank in course/Total: 224 (of 459)

Rank in course/Men: 134 (of 302)

Best time in course: 13:39:56

Rank in category: 45(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	42:19	6:05	27	8:55	87	11:18	6.94	42:19	6:05	27	8:55	87	11:18
VP2 - Laufftreff Li	5.69	39:06	6:52	52	11:51	155	15:01	12.63	1:21:25	6:26	41	20:46	122	26:19
VP3 - Oranienbur	5.74	36:12	6:18	47	10:23	139	12:06	18.37	1:57:37	6:24	45	31:09	130	38:25
VP4 - Naturschut	4.70	32:39	6:56	34	7:32	104	10:13	23.07	2:30:16	6:30	43	38:41	121	48:38
VP5 - Frohnau	6.80	44:59	6:36	50	11:45	144	16:04	29.87	3:15:15	6:32	42	49:27	123	1:04:42
VP6 - Ruderclub	4.06	32:33	8:01	48	11:04	148	14:26	33.93	3:47:48	6:42	43	1:00:31	128	1:19:05
VP7 - Grenzturm	4.75	35:48	7:32	61	11:44	179	14:05	38.68	4:23:36	6:48	47	1:12:15	135	1:33:10
VP8 - Schönwald	7.52	1:02:12	8:16	69	22:45	226	26:22	46.20	5:25:48	7:03	54	1:34:08	153	1:59:08
VP9 - Falkenseer	5.76	47:14	8:12	52	14:50	159	18:54	51.96	6:13:02	7:10	56	1:48:53	156	2:17:34
VP10 - Karolinenl	6.54	56:44	8:40	62	21:40	194	24:32	58.50	7:09:46	7:20	55	2:09:36	157	2:42:06
VP11 - Pagel & Fi	4.90	44:52	9:09	63	16:58	196	21:49	63.40	7:54:38	7:29	57	2:26:34	164	3:03:55
VP12 - Schloss S	7.62	1:04:19	8:26	41	20:48	121	27:26	71.02	8:58:57	7:35	52	2:43:57	158	3:31:21
VP13 - Revierförs	6.21	45:40	7:21	28	9:55	78	16:50	77.23	9:44:37	7:34	51	2:51:37	149	3:48:11
VP14 - Brauhaus	6.00	45:39	7:36	37	12:38	104	17:06	83.23	10:30:16	7:34	48	3:03:11	144	4:05:17
VP15 - Gedenkst.	6.90	56:32	8:11	49	16:58	148	23:37	90.13	11:26:48	7:37	49	3:19:39	146	4:28:54
VP16 - Königswe	6.87	59:33	8:40	35	17:54	92	24:48	97.00	12:26:21	7:41	47	3:33:51	138	4:53:42
VP17 - Sportplatz	6.20	1:08:08	10:59	35	30:21	123	34:23	103.20	13:34:29	7:53	45	3:59:20	136	5:28:05
VP18 - Osdorfer	6.50	50:47	7:48	24	12:58	69	16:20	109.70	14:25:16	7:53	43	4:07:12	130	5:42:08
VP19 - Lichtenra	5.70	50:05	8:47	23	12:11	70	15:55	115.40	15:15:21	7:55	43	4:14:14	125	5:56:16
VP20 - Kirchhain	4.37	39:34	9:03	46	17:43	137	20:44	119.77	15:54:55	7:58	42	4:30:48	125	6:17:00
VP21 - Buckow	6.43	58:44	9:08	39	23:40	125	25:08	126.20	16:53:39	8:01	42	4:51:52	124	6:42:08
VP22 - Rudow	4.90	46:14	9:26	36	16:01	107	20:15	131.10	17:39:53	8:05	42	5:07:53	125	7:02:23
VP23 - Johannistl	5.90	1:05:06	11:02	47	30:04	150	33:31	137.00	18:44:59	8:12	42	5:37:57	126	7:35:54
VP24 - Dammwe	5.70	57:19	10:03	37	23:03	113	26:08	142.70	19:42:18	8:17	42	6:01:00	123	8:01:33
VP25 - East Side	5.80	1:11:04	12:15	43	30:33	137	34:07	148.50	20:53:22	8:26	42	6:31:33	125	8:33:09
VP26 - Checkpoir	5.28	47:08	8:55	46	22:05	157	25:35	153.78	21:40:30	8:27	42	6:53:38	126	8:56:14
VP27 - Gedenkst.	3.32	58:45	17:41	56	31:17	198	34:08	157.10	22:39:15	8:39	45	7:20:54	134	9:28:12
Friedrich-Ludwig	4.60	46:47	10:10	36	17:18	121	22:35	161.70	23:26:02	8:41	45	7:38:08	134	9:46:06