



# 100MeilenBerlin – Berlin Wall Race 100 Miles

Berlin / 12.08.2017-13.08.2017

## Detailed evaluation

**COSTI, Fabio**

Club: Bergamo Stars Atletica

Number: 347

Course: 161.70 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:33:02

Speed: 7.83 km/h

Running performance: 7:37 min/km

Rank in course/Total: 134 (of 459)

Rank in course/Men: 62 (of 302)

Best time in course: 13:39:56

Rank in category: 23(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	36:29	5:15	6	3:05	19	5:28	6.94	36:29	5:15	6	3:05	19	5:28
VP2 - Laufftreff Li	5.69	30:29	5:21	4	3:14	18	6:24	12.63	1:06:58	5:18	5	6:19	17	11:52
VP3 - Oranienbur	5.74	28:54	5:02	4	3:05	20	4:48	18.37	1:35:52	5:13	4	9:24	19	16:40
VP4 - Naturschut	4.70	28:15	6:00	6	3:08	32	5:49	23.07	2:04:07	5:22	4	12:32	20	22:29
VP5 - Frohnau	6.80	37:07	5:27	7	3:53	31	8:12	29.87	2:41:14	5:23	4	15:26	22	30:41
VP6 - Ruderclub	4.06	25:59	6:23	11	4:30	47	7:52	33.93	3:07:13	5:31	4	19:56	23	38:30
VP7 - Grenzturm	4.75	27:26	5:46	7	3:22	32	5:43	38.68	3:34:39	5:32	6	23:18	27	44:13
VP8 - Schönwald	7.52	42:09	5:36	4	2:42	21	6:19	46.20	4:16:48	5:33	6	25:08	27	50:08
VP9 - Falkenseer	5.76	37:38	6:32	18	5:14	53	9:18	51.96	4:54:26	5:39	8	30:17	33	58:58
VP10 - Karolinenl	6.54	43:34	6:39	15	8:30	52	11:22	58.50	5:38:00	5:46	7	37:50	31	1:10:20
VP11 - Pagel & Fi	4.90	29:32	6:01	5	1:38	24	6:29	63.40	6:07:32	5:47	7	39:28	30	1:16:49
VP12 - Schloss S	7.62	49:18	6:28	7	5:47	30	12:25	71.02	6:56:50	5:52	7	41:50	30	1:29:14
VP13 - Revierförs	6.21	43:08	6:56	15	7:23	48	14:18	77.23	7:39:58	5:57	8	46:58	33	1:43:32
VP14 - Brauhaus	6.00	38:01	6:20	8	5:00	32	9:28	83.23	8:17:59	5:58	7	50:54	31	1:53:00
VP15 - Gedenkst.	6.90	49:12	7:07	30	9:38	79	16:17	90.13	9:07:11	6:04	7	1:00:02	35	2:09:17
VP16 - Königswe	6.87	56:46	8:15	30	15:07	82	22:01	97.00	10:03:57	6:13	8	1:11:27	36	2:31:18
VP17 - Sportplatz	6.20	1:02:05	10:00	28	24:18	88	28:20	103.20	11:06:02	6:27	11	1:30:53	41	2:59:38
VP18 - Osdorfer	6.50	56:25	8:40	35	18:36	114	21:58	109.70	12:02:27	6:35	9	1:44:23	39	3:19:19
VP19 - Lichtenra	5.70	54:13	9:30	41	16:19	103	20:03	115.40	12:56:40	6:43	11	1:55:33	41	3:37:35
VP20 - Kirchhain	4.37	31:55	7:18	18	10:04	58	13:05	119.77	13:28:35	6:45	10	2:04:28	40	3:50:40
VP21 - Buckow	6.43	56:32	8:47	31	21:28	106	22:56	126.20	14:25:07	6:51	11	2:23:20	42	4:13:36
VP22 - Rudow	4.90	42:59	8:46	24	12:46	71	17:00	131.10	15:08:06	6:55	15	2:36:06	46	4:30:36
VP23 - Johannistl	5.90	56:20	9:32	32	21:18	97	24:45	137.00	16:04:26	7:02	19	2:57:24	53	4:55:21
VP24 - Dammwe	5.70	1:01:56	10:51	45	27:40	139	30:45	142.70	17:06:22	7:11	21	3:25:04	57	5:25:37
VP25 - East Side	5.80	1:02:48	10:49	31	22:17	92	25:51	148.50	18:09:10	7:20	20	3:47:21	56	5:48:57
VP26 - Checkpoir	5.28	49:34	9:23	50	24:31	172	28:01	153.78	18:58:44	7:24	21	4:11:52	60	6:14:28
VP27 - Gedenkst.	3.32	51:51	15:37	45	24:23	156	27:14	157.10	19:50:35	7:34	21	4:32:14	60	6:39:32
Friedrich-Ludwig	4.60	42:27	9:13	27	12:58	88	18:15	161.70	20:33:02	7:37	23	4:45:08	62	6:53:06