



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## Detailed evaluation

**Accarino, Francesco**

Club: Villa De Sanctis Roma

Number: 307

Course: 161.90 km

100MeilenBerlin

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:29:13

Speed: 6.85 km/h

Running performance: 8:42 min/km

Rank in course/Total: 184 (of 397)

Rank in course/Men: 162 (of 313)

Best time in course: 13:17:41

Rank in category: 34(of 70)

Best time in the category: 16:22:32

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 - Checkpoint	8.60	54:24	6:19	17	10:10	62	10:16	8.60	54:24	6:19	17	10:10	62	10:16
VP2 - East Side G	4.80	28:05	5:51	27	7:00	89	7:02	13.40	1:22:29	6:09	21	17:10	74	17:15
VP3 - Dammweg	5.80	38:55	6:42	30	9:07	120	9:43	19.20	2:01:24	6:19	23	26:17	80	26:33
VP4 - Johannisth	5.70	35:02	6:08	22	8:20	80	10:30	24.90	2:36:26	6:16	22	34:37	78	36:44
VP5 - Imbiß "Am	9.50	1:02:56	6:37	28	15:34	115	21:24	34.40	3:39:22	6:22	22	50:11	82	58:05
VP6 - Buckow	4.50	30:10	6:42	18	6:55	70	9:34	38.90	4:09:32	6:24	20	57:06	78	1:07:39
Control	7.60	52:21	6:53	27	11:39	115	18:19	46.50	5:01:53	6:29	21	1:08:42	82	1:25:58
VP8 - Osdorfer St	6.30	48:18	7:39	41	14:39	177	20:52	52.80	5:50:11	6:37	23	1:23:21	94	1:46:50
VP9 - Sportplatz	6.50	56:50	8:44	35	22:16	162	35:23	59.30	6:47:01	6:51	23	1:45:37	100	2:12:10
VP10 - Königswe	6.20	45:32	7:20	27	9:29	103	16:07	65.50	7:32:33	6:54	22	1:55:06	95	2:28:17
VP11 - Gedenkst	6.80	55:15	8:07	38	15:02	149	30:56	72.30	8:27:48	7:01	22	2:09:14	98	2:49:26
VP12 - Brauhaus	6.90	1:01:25	8:54	47	20:05	197	28:18	79.20	9:29:13	7:11	24	2:25:01	109	3:17:44
VP13 - Revierförs	5.70	52:41	9:14	48	18:02	206	22:38	84.90	10:21:54	7:19	26	2:05:19	123	3:40:22
VP14 - Schloss S	6.30	1:18:18	12:25	53	40:43	229	46:51	91.20	11:40:12	7:40	32	2:40:29	135	4:27:13
VP15 - Pagel & Fi	7.60	1:04:36	8:30	38	17:49	161	26:54	98.80	12:44:48	7:44	31	2:56:11	133	4:54:07
VP16 - Karolinenl	4.90	44:36	9:06	26	12:34	112	19:01	103.70	13:29:24	7:48	30	3:08:45	128	5:13:08
VP17 - Falkensee	6.50	58:30	9:00	37	16:11	155	25:59	110.20	14:27:54	7:52	29	3:24:56	128	5:39:07
VP18 - Schönwal	5.80	58:25	10:04	36	22:30	184	29:20	116.00	15:26:19	7:59	33	3:47:26	132	6:08:27
VP19 - Grenzturn	7.30	1:11:53	9:50	36	25:31	143	43:47	123.30	16:38:12	8:05	31	4:12:57	130	6:41:33
VP20 - Rudercluk	4.80	50:31	10:31	42	21:10	175	26:11	128.10	17:28:43	8:11	31	4:34:07	131	7:07:44
VP21 - Frohnau	4.10	50:11	12:14	33	24:24	147	27:32	132.20	18:18:54	8:18	31	4:58:31	132	7:35:16
VP22 - Naturschu	6.40	1:04:44	10:06	41	24:19	179	31:32	138.60	19:23:38	8:23	32	5:22:50	138	8:06:48
VP23 - Oranienbu	4.50	50:32	11:13	41	22:14	178	25:35	143.10	20:14:10	8:29	32	5:45:04	143	8:32:23
VP24 - Laufftreff l	5.30	57:05	10:46	44	24:38	175	28:51	148.40	21:11:15	8:33	33	6:09:42	149	9:01:14
VP25 - Wilhelmsr	5.70	59:46	10:29	35	23:59	160	29:45	154.10	22:11:01	8:38	33	6:33:41	152	9:30:59
VP26 - Wollankst	3.10	37:22	12:03	49	16:58	208	20:15	157.20	22:48:23	8:42	34	6:50:39	159	9:51:14
Friedrich-Ludwig	4.20	40:50	9:43	39	16:11	187	21:04	161.90	23:29:13	8:42	34	7:06:41	163	10:11:32