



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

## evaluación detallada

**Accarino, Francesco**

Asociación: Villa De Sanctis Roma

Dorsal: 307

recorrido: 161.90 km

100MeilenBerlin

categoría:

Senioren M45 (45-49 Jahre)

tiempo total: 23:29:13

velocidad: 6.85 km/h

rendimiento en carrera: 8:42 min/km

posición en el recorrido/Total: 184 (de 397)

posición en el recorrido/Men: 162 (de 313)

mejor tiempo del recorrido: 13:17:41

posición en la categoría: 34(de 70)

mejor tiempo en la categoría: 16:22:32

### tiempos parciales

### stage score

### Total score

| control             | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | stage score |         |         | Total score |                 |                   |         |         |         |         |          |         |
|---------------------|-------------|-----------------|------------------------|-------------|---------|---------|-------------|-----------------|-------------------|---------|---------|---------|---------|----------|---------|
|                     |             |                 |                        | retraso     | retraso | retraso | Total<br>km | Total<br>tiempo | Total<br>posición | retraso | retraso | retraso |         |          |         |
|                     |             |                 | retraso                | retraso     | retraso | retraso | retraso     | retraso         | retraso           | retraso | retraso | retraso | retraso | retraso  | retraso |
| 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 |         |