



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Heidjer - ein Leben am Limit!

Number: 252

Course: 100.00 km

Lüneburger Heide Lauf

Category:

Staffel

Total time: 9:14:10

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course: 14 (of 76)

Best time in course: 8:08:42

Rank in category: 14(of 76)

Best time in the category: 8:08:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Pos		Behind		
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total		
Südergellersen	10.40	1:00:33	5:49	48	21:05	48	21:05	10.40	1:00:33	5:49	48	21:05	48	21:05		
Amelinghausen	13.60	1:11:26	5:15	28	14:12	28	14:12	24.00	2:11:59	5:29	35	30:36	35	30:36		
Schwindebeck	8.30	40:08	4:50	6	3:16	6	3:16	32.30	2:52:07	5:19	19	21:35	19	21:35		
Bispingen	9.60	1:01:51	6:26	53	16:35	53	16:35	41.90	3:53:58	5:35	25	34:22	25	34:22		
Overhaverbeck	10.80	59:16	5:29	33	13:42	33	13:42	52.70	4:53:14	5:33	22	37:53	22	37:53		
Undeloh	6.90	36:59	5:21	12	8:17	12	8:17	59.60	5:30:13	5:32	19	35:45	19	35:45		
Egestorf	9.20	47:13	5:07	6	5:48	6	5:48	68.80	6:17:26	5:29	13	30:41	13	30:41		
Salzhausen	10.60	54:48	5:10	19	12:47	19	12:47	79.40	7:12:14	5:26	10	35:39	10	35:39		
Südergellersen	10.90	1:08:22	6:16	59	23:03	59	23:03	90.30	8:20:36	5:32	15	58:42	15	58:42		
Sülzwiesen	9.70	53:34	5:31	38	9:40	38	9:40	100.00	9:14:10	5:32	14	1:05:28	14	1:05:28		