



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Detailed evaluation

Team Naturpark

Total time: 9:16:20

Number: 227

Speed: 10.78 km/h

Running performance: 5:34 min/km

Course: 100.00 km

Lüneburger Heide Lauf

Rank in course: 17 (of 76)

Best time in course: 8:08:42

Category:

Rank in category: 17(of 76)

Staffel

Best time in the category: 8:08:42

Control	Intermediate times								Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total		
Südergellersen	10.40	54:56	5:16	23	15:28	23	15:28	10.40	54:56	5:16	23	15:28	23	15:28		
Amelinghausen	13.60	1:07:45	4:58	18	10:31	18	10:31	24.00	2:02:41	5:06	17	21:18	17	21:18		
Schwindebeck	8.30	40:43	4:54	7	3:51	7	3:51	32.30	2:43:24	5:03	8	12:52	8	12:52		
Bispingen	9.60	45:16	4:42	1	-	1	-	41.90	3:28:40	4:58	2	9:04	2	9:04		
Overhaverbeck	10.80	59:12	5:28	32	13:38	32	13:38	52.70	4:27:52	5:04	2	12:31	2	12:31		
Undeloh	6.90	48:52	7:04	57	20:10	57	20:10	59.60	5:16:44	5:18	7	22:16	7	22:16		
Egestorf	9.20	54:32	5:55	36	13:07	36	13:07	68.80	6:11:16	5:23	8	24:31	8	24:31		
Salzhausen	10.60	59:10	5:34	33	17:09	33	17:09	79.40	7:10:26	5:25	8	33:51	8	33:51		
Südergellersen	10.90	1:17:59	7:09	73	32:40	73	32:40	90.30	8:28:25	5:37	22	1:06:31	22	1:06:31		
Sülzwiesen	9.70	47:55	4:56	11	4:01	11	4:01	100.00	9:16:20	5:33	17	1:07:38	17	1:07:38		