



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Detailed evaluation

VfL Bückeburg III

Number: 224

Course: 100.00 km

Lüneburger Heide Lauf

Category:

Staffel

Total time: 9:17:51

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course: 19 (of 76)

Best time in course: 8:08:42

Rank in category: 19(of 76)

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	57:22	5:30	36	17:54	36	17:54	10.40	57:22	5:30	36	17:54	36	17:54
Amelinghausen	13.60	1:18:48	5:47	49	21:34	49	21:34	24.00	2:16:10	5:40	43	34:47	43	34:47
Schwindebeck	8.30	49:48	5:59	38	12:56	38	12:56	32.30	3:05:58	5:45	40	35:26	40	35:26
Bispingen	9.60	1:01:43	6:25	52	16:27	52	16:27	41.90	4:07:41	5:54	45	48:05	45	48:05
Overhaverbeck	10.80	46:14	4:16	2	0:40	2	0:40	52.70	4:53:55	5:34	24	38:34	24	38:34
Undeloh	6.90	28:42	4:09	1	-	1	-	59.60	5:22:37	5:24	10	28:09	10	28:09
Egestorf	9.20	41:25	4:30	1	-	1	-	68.80	6:04:02	5:17	5	17:17	5	17:17
Salzhausen	10.60	1:06:41	6:17	55	24:40	55	24:40	79.40	7:10:43	5:25	9	34:08	9	34:08
Südergellersen	10.90	1:15:31	6:55	67	30:12	67	30:12	90.30	8:26:14	5:36	19	1:04:20	19	1:04:20
Sülzwiesen	9.70	51:37	5:19	30	7:43	30	7:43	100.00	9:17:51	5:34	19	1:09:09	19	1:09:09