



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Diana Medical Sport

Total time: 9:17:48

Number: 262

Speed: 10.76 km/h

Running performance: 5:35 min/km

Course: 100.00 km

Lüneburger Heide Lauf

Rank in course: 18 (of 76)

Best time in course: 8:08:42

Category:

Rank in category: 18(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	55:26	5:19	26	15:58	26	15:58	10.40	55:26	5:19	26	15:58	26	15:58
Amelinghausen	13.60	1:11:19	5:14	27	14:05	27	14:05	24.00	2:06:45	5:16	21	25:22	21	25:22
Schwindebeck	8.30	55:27	6:40	58	18:35	58	18:35	32.30	3:02:12	5:38	31	31:40	31	31:40
Bispingen	9.60	48:53	5:05	5	3:37	5	3:37	41.90	3:51:05	5:30	18	31:29	18	31:29
Overhaverbeck	10.80	1:09:47	6:27	59	24:13	59	24:13	52.70	5:00:52	5:42	34	45:31	34	45:31
Undeloh	6.90	39:28	5:43	21	10:46	21	10:46	59.60	5:40:20	5:42	29	45:52	29	45:52
Egestorf	9.20	48:33	5:16	9	7:08	9	7:08	68.80	6:28:53	5:39	20	42:08	20	42:08
Salzhausen	10.60	53:59	5:05	16	11:58	16	11:58	79.40	7:22:52	5:34	21	46:17	21	46:17
Südergellersen	10.90	1:02:51	5:45	43	17:32	43	17:32	90.30	8:25:43	5:36	18	1:03:49	18	1:03:49
Sülzwiesen	9.70	52:05	5:22	33	8:11	33	8:11	100.00	9:17:48	5:34	18	1:09:06	18	1:09:06