



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Heide-Mix-Staffel Bleckede-Soltau

Total time: 8:33:44

Number: 261

Speed: 11.68 km/h

Running performance: 5:08 min/km

Course: 100.00 km

Lüneburger Heide Lauf

Rank in course: 2 (of 76)

Best time in course: 8:08:42

Category:

Rank in category: 2(of 76)

Staffel

Best time in the category: 8:08:42

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Behind | Total | | Pos | Behind | Pos | | Behind |
|----------------|-------|---------|------|--------|--------|------|--------|--------|---------|------|--------|-------|----|--------|
| | km | Time | | | min/km | Cat. | | Cat. | Total | | | Total | km | |
| Südergellersen | 10.40 | 51:08 | 4:54 | 13 | 11:40 | 13 | 11:40 | 10.40 | 51:08 | 4:54 | 13 | 11:40 | 13 | 11:40 |
| Amelinghausen | 13.60 | 1:08:32 | 5:02 | 20 | 11:18 | 20 | 11:18 | 24.00 | 1:59:40 | 4:59 | 13 | 18:17 | 13 | 18:17 |
| Schwindebeck | 8.30 | 50:26 | 6:04 | 41 | 13:34 | 41 | 13:34 | 32.30 | 2:50:06 | 5:15 | 15 | 19:34 | 15 | 19:34 |
| Bispingen | 9.60 | 49:34 | 5:09 | 6 | 4:18 | 6 | 4:18 | 41.90 | 3:39:40 | 5:14 | 7 | 20:04 | 7 | 20:04 |
| Overhaverbeck | 10.80 | 50:34 | 4:40 | 6 | 5:00 | 6 | 5:00 | 52.70 | 4:30:14 | 5:07 | 4 | 14:53 | 4 | 14:53 |
| Undeloh | 6.90 | 41:59 | 6:05 | 35 | 13:17 | 35 | 13:17 | 59.60 | 5:12:13 | 5:14 | 5 | 17:45 | 5 | 17:45 |
| Egestorf | 9.20 | 53:11 | 5:46 | 27 | 11:46 | 27 | 11:46 | 68.80 | 6:05:24 | 5:18 | 6 | 18:39 | 6 | 18:39 |
| Salzhausen | 10.60 | 52:24 | 4:56 | 11 | 10:23 | 11 | 10:23 | 79.40 | 6:57:48 | 5:15 | 6 | 21:13 | 6 | 21:13 |
| Südergellersen | 10.90 | 47:00 | 4:18 | 2 | 1:41 | 2 | 1:41 | 90.30 | 7:44:48 | 5:08 | 2 | 22:54 | 2 | 22:54 |
| Sülzwiesen | 9.70 | 48:56 | 5:02 | 21 | 5:02 | 21 | 5:02 | 100.00 | 8:33:44 | 5:08 | 2 | 25:02 | 2 | 25:02 |