



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

TSV Illmer Weg

Number: 220

Course: 100.00 km

Lüneburger Heide Lauf

Category:

Staffel

Total time: 9:33:36

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course: 31 (of 76)

Best time in course: 8:08:42

Rank in category: 31(of 76)

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	1:00:05	5:46	44	20:37	44	20:37	10.40	1:00:05	5:46	44	20:37	44	20:37
Amelinghausen	13.60	1:10:01	5:08	24	12:47	24	12:47	24.00	2:10:06	5:25	29	28:43	29	28:43
Schwindebeck	8.30	38:21	4:37	2	1:29	2	1:29	32.30	2:48:27	5:12	14	17:55	14	17:55
Bispingen	9.60	1:06:42	6:56	65	21:26	65	21:26	41.90	3:55:09	5:36	27	35:33	27	35:33
Overhaverbeck	10.80	58:05	5:22	29	12:31	29	12:31	52.70	4:53:14	5:33	22	37:53	22	37:53
Undeloh	6.90	40:19	5:50	26	11:37	26	11:37	59.60	5:33:33	5:35	22	39:05	22	39:05
Egestorf	9.20	56:29	6:08	40	15:04	40	15:04	68.80	6:30:02	5:40	22	43:17	22	43:17
Salzhausen	10.60	1:08:00	6:24	58	25:59	58	25:59	79.40	7:38:02	5:46	28	1:01:27	28	1:01:27
Südergellersen	10.90	1:11:40	6:34	63	26:21	63	26:21	90.30	8:49:42	5:51	38	1:27:48	38	1:27:48
Sülzwiesen	9.70	43:54	4:31	1	-	1	-	100.00	9:33:36	5:44	31	1:24:54	31	1:24:54