



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

SV Hodenhagen Lauftreff

Total time: 9:36:07

Number: 235

Speed: 10.41 km/h

Running performance: 5:46 min/km

Course: 100.00 km

Lüneburger Heide Lauf

Rank in course: 35 (of 76)

Best time in course: 8:08:42

Category:

Rank in category: 35(of 76)

Staffel

Best time in the category: 8:08:42

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Südergellersen	10.40	46:15	4:26	5	6:47	5	6:47	10.40	46:15	4:26	5	6:47	5	6:47
Amelinghausen	13.60	57:14	4:12	1	-	1	-	24.00	1:43:29	4:18	2	2:06	2	2:06
Schwindebeck	8.30	52:47	6:21	51	15:55	51	15:55	32.30	2:36:16	4:50	3	5:44	3	5:44
Bispingen	9.60	1:06:00	6:52	61	20:44	61	20:44	41.90	3:42:16	5:18	11	22:40	11	22:40
Overhaverbeck	10.80	1:13:31	6:48	67	27:57	67	27:57	52.70	4:55:47	5:36	28	40:26	28	40:26
Undeloh	6.90	49:17	7:08	59	20:35	59	20:35	59.60	5:45:04	5:47	37	50:36	37	50:36
Egestorf	9.20	52:07	5:39	22	10:42	22	10:42	68.80	6:37:11	5:46	28	50:26	28	50:26
Salzhausen	10.60	1:10:12	6:37	65	28:11	65	28:11	79.40	7:47:23	5:53	39	1:10:48	39	1:10:48
Südergellersen	10.90	1:00:23	5:32	34	15:04	34	15:04	90.30	8:47:46	5:50	36	1:25:52	36	1:25:52
Sülzwiesen	9.70	48:21	4:59	15	4:27	15	4:27	100.00	9:36:07	5:45	35	1:27:25	35	1:27:25