



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Detailed evaluation

running digits

Total time: 10:17:39

Number: 212

Speed: 9.71 km/h

Running performance: 6:11 min/km

Course: 100.00 km

Lüneburger Heide Lauf

Rank in course: 57 (of 76)

Best time in course: 8:08:42

Category:

Rank in category: 57(of 76)

Staffel

Best time in the category: 8:08:42

## Intermediate times

## Stage score

## Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Südergellersen	10.40	43:43	4:12	3	4:15	3	4:15	10.40	43:43	4:12	3	4:15	3	4:15	
Amelinghausen	13.60	1:38:46	7:15	73	41:32	73	41:32	24.00	2:22:29	5:56	55	41:06	55	41:06	
Schwindebeck	8.30	48:02	5:47	26	11:10	26	11:10	32.30	3:10:31	5:53	45	39:59	45	39:59	
Bispingen	9.60	55:19	5:45	26	10:03	26	10:03	41.90	4:05:50	5:52	40	46:14	40	46:14	
Overhaverbeck	10.80	1:02:55	5:49	43	17:21	43	17:21	52.70	5:08:45	5:51	44	53:24	44	53:24	
Undeloh	6.90	48:19	7:00	55	19:37	55	19:37	59.60	5:57:04	5:59	49	1:02:36	49	1:02:36	
Egestorf	9.20	1:18:07	8:29	76	36:42	76	36:42	68.80	7:15:11	6:19	62	1:28:26	62	1:28:26	
Salzhausen	10.60	1:07:43	6:23	56	25:42	56	25:42	79.40	8:22:54	6:20	64	1:46:19	64	1:46:19	
Südergellersen	10.90	59:03	5:25	25	13:44	25	13:44	90.30	9:21:57	6:13	59	2:00:03	59	2:00:03	
Sülzwiesen	9.70	55:42	5:44	44	11:48	44	11:48	100.00	10:17:39	6:10	57	2:08:57	57	2:08:57	