



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Hamburger Lauschnecken

Total time: 10:53:30

Number: 239

Speed: 9.18 km/h

Running performance: 6:32 min/km

Course: 100.00 km

Lüneburger Heide Lauf

Rank in course: 70 (of 76)

Best time in course: 8:08:42

Category:

Rank in category: 70(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 | 1:02:51 | 6:02 | 55 | 23:23 | 55 | 23:23 | 10.40 | 1:02:51 | 6:02 | 55 | 23:23 | 55 | 23:23 | |
| Amelinghausen | 13.60 | 1:16:29 | 5:37 | 42 | 19:15 | 42 | 19:15 | 24.00 | 2:19:20 | 5:48 | 47 | 37:57 | 47 | 37:57 | |
| Schwindebeck | 8.30 | 46:26 | 5:35 | 19 | 9:34 | 19 | 9:34 | 32.30 | 3:05:46 | 5:45 | 39 | 35:14 | 39 | 35:14 | |
| Bispingen | 9.60 | 1:03:20 | 6:35 | 57 | 18:04 | 57 | 18:04 | 41.90 | 4:09:06 | 5:56 | 46 | 49:30 | 46 | 49:30 | |
| Overhaverbeck | 10.80 | 1:19:34 | 7:22 | 74 | 34:00 | 74 | 34:00 | 52.70 | 5:28:40 | 6:14 | 62 | 1:13:19 | 62 | 1:13:19 | |
| Undeloh | 6.90 | 56:36 | 8:12 | 71 | 27:54 | 71 | 27:54 | 59.60 | 6:25:16 | 6:27 | 67 | 1:30:48 | 67 | 1:30:48 | |
| Egestorf | 9.20 | 59:41 | 6:29 | 46 | 18:16 | 46 | 18:16 | 68.80 | 7:24:57 | 6:28 | 69 | 1:38:12 | 69 | 1:38:12 | |
| Salzhausen | 10.60 | 1:19:01 | 7:27 | 72 | 37:00 | 72 | 37:00 | 79.40 | 8:43:58 | 6:35 | 70 | 2:07:23 | 70 | 2:07:23 | |
| Südergellersen | 10.90 | 1:03:50 | 5:51 | 47 | 18:31 | 47 | 18:31 | 90.30 | 9:47:48 | 6:30 | 69 | 2:25:54 | 69 | 2:25:54 | |
| Sülzwiesen | 9.70 | 1:05:42 | 6:46 | 67 | 21:48 | 67 | 21:48 | 100.00 | 10:53:30 | 6:32 | 70 | 2:44:48 | 70 | 2:44:48 | |