



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Detailed evaluation

**Frischmuth, Matthias**

Club: Sport AS Lüneburg

Number: 1

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 9:54:12

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 5 (of 59)

Rank in course/Men: 5 (of 50)

Best time in course: 8:22:31

Rank in category: 4(of 21)

Best time in the category: 8:22:31

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.40	54:21	5:13	4	6:00	6	6:00	10.40	54:21	5:13	4	6:00	6	6:00
Amelinghausen	13.60	1:10:28	5:10	2	6:10	4	6:10	24.00	2:04:49	5:12	2	12:10	4	12:10
Schwindebeck	8.30	42:02	5:03	3	3:59	4	3:59	32.30	2:46:51	5:09	3	16:09	5	16:09
Bispingen	9.60	50:25	5:15	3	5:33	4	5:34	41.90	3:37:16	5:11	3	21:42	5	21:42
Overhaverbeck	10.80	1:00:31	5:36	3	9:00	4	9:00	52.70	4:37:47	5:16	3	30:42	4	30:42
Undeloh	6.90	47:06	6:49	7	12:48	13	12:48	59.60	5:24:53	5:27	3	43:30	4	43:30
Egestorf	9.20	1:01:22	6:40	4	15:04	7	15:04	68.80	6:26:15	5:36	3	58:34	4	58:34
Salzhausen	10.60	1:08:24	6:27	4	11:54	5	11:54	79.40	7:34:39	5:43	3	1:10:28	4	1:10:28
Südergellersen	10.90	1:21:06	7:26	9	14:43	12	14:43	90.30	8:55:45	5:55	4	1:25:11	5	1:25:11
Sülzwiesen	9.70	58:27	6:01	3	6:30	4	6:37	100.00	9:54:12	5:56	4	1:31:41	5	1:31:41