



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

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Club: Triabolos Triathlon Hamburg e.V.
Number: 10

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 10:20:59

Speed: 9.66 km/h
Running performance: 6:13 min/km

Rank in course/Total: 7 (of 59)

Rank in course/Men: 6 (of 50)

Best time in course: 8:22:31

Rank in category: 1(of 6)

Best time in the category: 10:20:59

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.40	1:00:57	5:51	4	4:16	18	12:36	10.40	1:00:57	5:51	4	4:16	18	12:36
Amelinghausen	13.60	1:19:06	5:48	1	-	12	14:48	24.00	2:20:03	5:50	1	-	13	27:24
Schwindebeck	8.30	46:07	5:33	1	-	6	8:04	32.30	3:06:10	5:45	1	-	12	35:28
Bispingen	9.60	55:05	5:44	1	-	7	10:14	41.90	4:01:15	5:45	1	-	8	45:41
Overhaverbeck	10.80	1:03:57	5:55	1	-	6	12:26	52.70	5:05:12	5:47	1	-	7	58:07
Undeloh	6.90	41:47	6:03	1	-	5	7:29	59.60	5:46:59	5:49	1	-	6	1:05:36
Egestorf	9.20	1:00:40	6:35	1	-	6	14:22	68.80	6:47:39	5:55	1	-	6	1:19:58
Salzhausen	10.60	1:13:55	6:58	2	3:07	9	17:25	79.40	8:01:34	6:03	1	-	6	1:37:23
Südergellersen	10.90	1:15:04	6:53	1	-	5	8:41	90.30	9:16:38	6:09	1	-	6	1:46:04
Sülzwiesen	9.70	1:04:21	6:38	1	-	9	12:31	100.00	10:20:59	6:12	1	-	6	1:58:28