



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Vanicek, Michael

Club: LG Nord Berlin Ultrateam
Number: 36

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 10:45:27

Speed: 9.30 km/h
Running performance: 6:27 min/km

Rank in course/Total: 9 (of 59)

Rank in course/Men: 7 (of 50)

Best time in course: 8:22:31

Rank in category: 5(of 21)

Best time in the category: 8:22:31

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.40	1:02:30	6:00	13	14:09	31	14:09	10.40	1:02:30	6:00	13	14:09	31	14:09
Amelinghausen	13.60	1:23:52	6:09	12	19:34	26	19:34	24.00	2:26:22	6:05	11	33:43	25	33:43
Schwindebeck	8.30	51:32	6:12	10	13:29	24	13:29	32.30	3:17:54	6:07	11	47:12	25	47:12
Bispingen	9.60	58:01	6:02	8	13:09	13	13:10	41.90	4:15:55	6:06	10	1:00:21	24	1:00:21
Overhaverbeck	10.80	1:06:23	6:08	5	14:52	8	14:52	52.70	5:22:18	6:06	7	1:15:13	14	1:15:13
Undeloh	6.90	45:18	6:33	4	11:00	7	11:00	59.60	6:07:36	6:10	6	1:26:13	12	1:26:13
Egestorf	9.20	1:05:31	7:07	9	19:13	15	19:13	68.80	7:13:07	6:17	7	1:45:26	13	1:45:26
Salzhausen	10.60	1:10:14	6:37	5	13:44	6	13:44	79.40	8:23:21	6:20	5	1:59:10	8	1:59:10
Südergellersen	10.90	1:17:59	7:09	4	11:36	6	11:36	90.30	9:41:20	6:26	5	2:10:46	7	2:10:46
Sülzwiesen	9.70	1:04:07	6:36	5	12:10	7	12:17	100.00	10:45:27	6:27	5	2:22:56	7	2:22:56