



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Detailed evaluation

**Dreijer, Richard**

Club: MarathonPlus  
Number: 63

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 10:49:39

Speed: 9.24 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 10 (of 59)

Rank in course/Men: 9 (of 50)

Best time in course: 8:22:31

Rank in category: 2(of 12)

Best time in the category: 8:22:31

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	1:00:42	5:50	4	12:21	17	12:21	10.40	1:00:42	5:50	4	12:21	17	12:21
Amelinghausen	13.60	1:21:12	5:58	5	16:54	16	16:54	24.00	2:21:54	5:54	4	29:15	15	29:15
Schwindebeck	8.30	48:20	5:49	4	10:16	13	10:17	32.30	3:10:14	5:53	5	39:31	16	39:32
Bispingen	9.60	58:05	6:03	3	13:14	14	13:14	41.90	4:08:19	5:55	5	52:45	15	52:45
Overhaverbeck	10.80	1:18:17	7:14	8	26:46	25	26:46	52.70	5:26:36	6:11	4	1:19:31	17	1:19:31
Undeloh	6.90	45:31	6:35	3	11:13	10	11:13	59.60	6:12:07	6:14	4	1:30:44	14	1:30:44
Egestorf	9.20	59:37	6:28	2	13:19	5	13:19	68.80	7:11:44	6:16	4	1:44:03	12	1:44:03
Salzhausen	10.60	1:15:20	7:06	2	18:49	11	18:50	79.40	8:27:04	6:23	3	2:02:52	11	2:02:53
Südergellersen	10.90	1:18:38	7:12	2	12:09	9	12:15	90.30	9:45:42	6:29	3	2:15:01	10	2:15:08
Sülzwiesen	9.70	1:03:57	6:35	2	12:07	6	12:07	100.00	10:49:39	6:29	2	2:27:08	9	2:27:08