



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Da Conceicao, Toni

Club: ROADtoMAUERWEG

Number: 44

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 11:26:52

Speed: 8.74 km/h

Running performance: 6:52 min/km

Rank in course/Total: 17 (of 59)

Rank in course/Men: 14 (of 50)

Best time in course: 8:22:31

Rank in category: 3(of 6)

Best time in the category: 10:20:59

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	1:00:26	5:48	3	3:45	16	12:05	10.40	1:00:26	5:48	3	3:45	16	12:05
Amelinghausen	13.60	1:22:26	6:03	2	3:20	20	18:08	24.00	2:22:52	5:57	3	2:49	20	30:13
Schwindebeck	8.30	48:49	5:52	2	2:42	15	10:46	32.30	3:11:41	5:56	2	5:31	19	40:59
Bispingen	9.60	58:45	6:07	3	3:40	17	13:54	41.90	4:10:26	5:58	3	9:11	18	54:52
Overhaverbeck	10.80	1:13:58	6:50	3	10:01	16	22:27	52.70	5:24:24	6:09	3	19:12	16	1:17:19
Undeloh	6.90	47:56	6:56	3	6:09	14	13:38	59.60	6:12:20	6:14	3	25:21	15	1:30:57
Egestorf	9.20	1:06:22	7:12	2	5:42	16	20:04	68.80	7:18:42	6:22	3	31:03	17	1:51:01
Salzhausen	10.60	1:21:32	7:41	3	10:44	17	25:02	79.40	8:40:14	6:33	3	38:40	15	2:16:03
Südergellersen	10.90	1:30:49	8:19	3	15:45	18	24:26	90.30	10:11:03	6:46	3	54:25	14	2:40:29
Sülzwiesen	9.70	1:15:49	7:48	3	11:28	18	23:59	100.00	11:26:52	6:52	3	1:05:53	14	3:04:21