



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Nowak, Christopher

Club: SC HAMMABURG

Number: 23

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 11:28:59

Speed: 8.71 km/h

Running performance: 6:53 min/km

Rank in course/Total: 20 (of 59)

Rank in course/Men: 16 (of 50)

Best time in course: 8:22:31

Rank in category: 9(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	1:11:59	6:55	17	23:38	42	23:38	10.40	1:11:59	6:55	17	23:38	42	23:38
Amelinghausen	13.60	1:38:05	7:12	17	33:47	43	33:47	24.00	2:50:04	7:05	17	57:25	42	57:25
Schwindebeck	8.30	53:26	6:26	14	15:23	31	15:23	32.30	3:43:30	6:55	17	1:12:48	41	1:12:48
Bispingen	9.60	1:01:28	6:24	11	16:36	22	16:37	41.90	4:44:58	6:48	16	1:29:24	36	1:29:24
Overhaverbeck	10.80	1:11:32	6:37	9	20:01	15	20:01	52.70	5:56:30	6:45	12	1:49:25	30	1:49:25
Undeloh	6.90	49:09	7:07	8	14:51	16	14:51	59.60	6:45:39	6:48	12	2:04:16	28	2:04:16
Egestorf	9.20	1:03:38	6:55	8	17:20	14	17:20	68.80	7:49:17	6:49	10	2:21:36	22	2:21:36
Salzhausen	10.60	1:14:21	7:00	7	17:51	10	17:51	79.40	9:03:38	6:50	9	2:39:27	18	2:39:27
Südergellersen	10.90	1:18:17	7:10	6	11:54	8	11:54	90.30	10:21:55	6:53	9	2:51:21	16	2:51:21
Sülzwiesen	9.70	1:07:04	6:54	7	15:07	10	15:14	100.00	11:28:59	6:53	9	3:06:28	16	3:06:28