



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Ebmeyer, Frank

Club: SportTrilich Lüneburg

Number: 16

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 11:28:28

Speed: 8.72 km/h

Running performance: 6:53 min/km

Rank in course/Total: 18 (of 59)

Rank in course/Men: 15 (of 50)

Best time in course: 8:22:31

Rank in category: 1(of 2)

Best time in the category: 11:28:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.40	59:17	5:42	1	-	14	10:56	10.40	59:17	5:42	1	-	14	10:56
Amelinghausen	13.60	1:21:42	6:00	1	-	19	17:24	24.00	2:20:59	5:52	1	-	14	28:20
Schwindebeck	8.30	50:17	6:03	1	-	22	12:14	32.30	3:11:16	5:55	1	-	17	40:34
Bispingen	9.60	1:02:36	6:31	1	-	25	17:45	41.90	4:13:52	6:03	1	-	22	58:18
Overhaverbeck	10.80	1:17:33	7:10	2	0:39	23	26:02	52.70	5:31:25	6:17	1	-	20	1:24:20
Undeloh	6.90	50:50	7:22	1	-	18	16:32	59.60	6:22:15	6:24	1	-	18	1:40:52
Egestorf	9.20	1:10:02	7:36	1	-	18	23:44	68.80	7:32:17	6:34	1	-	18	2:04:36
Salzhausen	10.60	1:18:58	7:26	1	-	14	22:28	79.40	8:51:15	6:41	1	-	17	2:27:04
Südergellersen	10.90	1:25:37	7:51	1	-	14	19:14	90.30	10:16:52	6:49	1	-	15	2:46:18
Sülzwiesen	9.70	1:11:36	7:22	1	-	13	19:46	100.00	11:28:28	6:53	1	-	15	3:05:57