



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Beneke, Andreas

Club: TSV Victoria Linden
Number: 56

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 11:42:31

Speed: 8.54 km/h
Running performance: 7:02 min/km

Rank in course/Total: 21 (of 59)

Rank in course/Men: 17 (of 50)

Best time in course: 8:22:31

Rank in category: 4(of 12)

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 | 1:06:20 | 6:22 | 10 | 17:59 | 37 | 17:59 | 10.40 | 1:06:20 | 6:22 | 10 | 17:59 | 37 | 17:59 |
| Amelinghausen | 13.60 | 1:32:28 | 6:47 | 10 | 28:10 | 36 | 28:10 | 24.00 | 2:38:48 | 6:37 | 10 | 46:09 | 37 | 46:09 |
| Schwindebeck | 8.30 | 53:01 | 6:23 | 9 | 14:57 | 30 | 14:58 | 32.30 | 3:31:49 | 6:33 | 9 | 1:01:06 | 34 | 1:01:07 |
| Bispingen | 9.60 | 1:04:25 | 6:42 | 9 | 19:34 | 28 | 19:34 | 41.90 | 4:36:14 | 6:35 | 9 | 1:20:40 | 32 | 1:20:40 |
| Overhaverbeck | 10.80 | 1:09:26 | 6:25 | 3 | 17:55 | 12 | 17:55 | 52.70 | 5:45:40 | 6:33 | 8 | 1:38:35 | 26 | 1:38:35 |
| Undeloh | 6.90 | 48:54 | 7:05 | 5 | 14:36 | 15 | 14:36 | 59.60 | 6:34:34 | 6:37 | 6 | 1:53:11 | 22 | 1:53:11 |
| Egestorf | 9.20 | 1:08:56 | 7:29 | 6 | 22:38 | 17 | 22:38 | 68.80 | 7:43:30 | 6:44 | 6 | 2:15:49 | 19 | 2:15:49 |
| Salzhausen | 10.60 | 1:20:34 | 7:36 | 4 | 24:03 | 16 | 24:04 | 79.40 | 9:04:04 | 6:51 | 6 | 2:39:52 | 19 | 2:39:53 |
| Südergellersen | 10.90 | 1:22:48 | 7:35 | 3 | 16:19 | 13 | 16:25 | 90.30 | 10:26:52 | 6:56 | 5 | 2:56:11 | 18 | 2:56:18 |
| Sülzwiesen | 9.70 | 1:15:39 | 7:47 | 4 | 23:49 | 17 | 23:49 | 100.00 | 11:42:31 | 7:01 | 4 | 3:20:00 | 17 | 3:20:00 |