



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Tucci, Mario

Club: MTV Bad Bevensen

Number: 9

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 12:21:46

Speed: 8.09 km/h

Running performance: 7:25 min/km

Rank in course/Total: 24 (of 59)

Rank in course/Men: 20 (of 50)

Best time in course: 8:22:31

Rank in category: 1(of 1)

Best time in the category: 12:21:46

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	1:02:03	5:57	1	-	26	13:42	10.40	1:02:03	5:57	1	-	26	13:42
Amelinghausen	13.60	1:27:35	6:26	1	-	30	23:17	24.00	2:29:38	6:14	1	-	30	36:59
Schwindebeck	8.30	53:40	6:27	1	-	33	15:37	32.30	3:23:18	6:17	1	-	30	52:36
Bispingen	9.60	1:07:17	7:00	1	-	35	22:26	41.90	4:30:35	6:27	1	-	30	1:15:01
Overhaverbeck	10.80	1:23:31	7:43	1	-	30	32:00	52.70	5:54:06	6:43	1	-	29	1:47:01
Undeloh	6.90	56:12	8:08	1	-	28	21:54	59.60	6:50:18	6:53	1	-	29	2:08:55
Egestorf	9.20	1:12:55	7:55	1	-	23	26:37	68.80	8:03:13	7:01	1	-	28	2:35:32
Salzhausen	10.60	1:25:49	8:05	1	-	20	29:19	79.40	9:29:02	7:10	1	-	23	3:04:51
Südergellersen	10.90	1:31:47	8:25	1	-	19	25:24	90.30	11:00:49	7:19	1	-	21	3:30:15
Sülzwiesen	9.70	1:20:57	8:20	1	-	22	29:07	100.00	12:21:46	7:25	1	-	20	3:59:15