



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Fuhlendorf, Ingo

Club: Open Sports Hamburg

Number: 33

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 12:29:41

Speed: 8.00 km/h

Running performance: 7:30 min/km

Rank in course/Total: 26 (of 59)

Rank in course/Men: 22 (of 50)

Best time in course: 8:22:31

Rank in category: 1(of 5)

Best time in the category: 12:29:41

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	1:02:11	5:58	2	0:50	29	13:50	10.40	1:02:11	5:58	2	0:50	29	13:50
Amelinghausen	13.60	1:26:19	6:20	2	5:42	28	22:01	24.00	2:28:30	6:11	2	6:32	28	35:51
Schwindebeck	8.30	52:21	6:18	2	4:10	29	14:18	32.30	3:20:51	6:13	2	10:42	28	50:09
Bispingen	9.60	1:04:28	6:42	2	4:16	29	19:37	41.90	4:25:19	6:19	2	14:58	27	1:09:45
Overhaverbeck	10.80	1:17:49	7:12	1	-	24	26:18	52.70	5:43:08	6:30	1	-	22	1:36:03
Undeloh	6.90	54:30	7:53	1	-	26	20:12	59.60	6:37:38	6:40	1	-	26	1:56:15
Egestorf	9.20	1:12:29	7:52	1	-	22	26:11	68.80	7:50:07	6:49	1	-	23	2:22:26
Salzhausen	10.60	1:33:52	8:51	2	1:36	26	37:22	79.40	9:23:59	7:06	1	-	22	2:59:48
Südergellersen	10.90	1:42:41	9:25	1	-	25	36:18	90.30	11:06:40	7:22	1	-	22	3:36:06
Sülzwiesen	9.70	1:23:01	8:33	2	6:21	25	31:11	100.00	12:29:41	7:29	1	-	22	4:07:10