



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Maier, Frank

Club: Meyenburg
Number: 31

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 12:29:40

Speed: 8.00 km/h
Running performance: 7:30 min/km

Rank in course/Total: 25 (of 59)

Rank in course/Men: 21 (of 50)

Best time in course: 8:22:31

Rank in category: 10(of 21)

Best time in the category: 8:22:31

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|----------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Südergellersen | 10.40 | 1:02:13 | 5:58 | 12 | 13:52 | 30 | 13:52 | 10.40 | 1:02:13 | 5:58 | 12 | 13:52 | 30 | 13:52 |
| Amelinghausen | 13.60 | 1:21:38 | 6:00 | 8 | 17:20 | 18 | 17:20 | 24.00 | 2:23:51 | 5:59 | 8 | 31:12 | 21 | 31:12 |
| Schwindebeck | 8.30 | 50:03 | 6:01 | 9 | 12:00 | 21 | 12:00 | 32.30 | 3:13:54 | 6:00 | 8 | 43:12 | 22 | 43:12 |
| Bispingen | 9.60 | 59:48 | 6:13 | 10 | 14:56 | 20 | 14:57 | 41.90 | 4:13:42 | 6:03 | 9 | 58:08 | 21 | 58:08 |
| Overhaverbeck | 10.80 | 1:21:42 | 7:33 | 11 | 30:11 | 28 | 30:11 | 52.70 | 5:35:24 | 6:21 | 10 | 1:28:19 | 21 | 1:28:19 |
| Undeloh | 6.90 | 56:50 | 8:14 | 11 | 22:32 | 30 | 22:32 | 59.60 | 6:32:14 | 6:34 | 10 | 1:50:51 | 21 | 1:50:51 |
| Egestorf | 9.20 | 1:24:13 | 9:09 | 13 | 37:55 | 34 | 37:55 | 68.80 | 7:56:27 | 6:55 | 11 | 2:28:46 | 26 | 2:28:46 |
| Salzhausen | 10.60 | 1:35:38 | 9:01 | 12 | 39:08 | 28 | 39:08 | 79.40 | 9:32:05 | 7:12 | 11 | 3:07:54 | 24 | 3:07:54 |
| Südergellersen | 10.90 | 1:35:01 | 8:43 | 10 | 28:38 | 22 | 28:38 | 90.30 | 11:07:06 | 7:23 | 11 | 3:36:32 | 23 | 3:36:32 |
| Sülzwiesen | 9.70 | 1:22:34 | 8:30 | 10 | 30:37 | 23 | 30:44 | 100.00 | 12:29:40 | 7:29 | 10 | 4:07:09 | 21 | 4:07:09 |