



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Surhoff, Morten

Club: VHV Gruppe

Number: 8

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 13:01:22

Speed: 7.68 km/h

Running performance: 7:49 min/km

Rank in course/Total: 31 (of 59)

Rank in course/Men: 27 (of 50)

Best time in course: 8:22:31

Rank in category: 9(of 12)

Best time in the category: 8:22:31

Intermediate times

Stage score

Total ranking

Control	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	1:00:59	5:51	6	12:38	20	12:38	10.40	1:00:59	5:51	6	12:38	20	12:38
Amelinghausen	13.60	1:21:34	5:59	6	17:16	17	17:16	24.00	2:22:33	5:56	6	29:54	18	29:54
Schwindebeck	8.30	49:02	5:54	6	10:58	16	10:59	32.30	3:11:35	5:55	6	40:52	18	40:53
Bispingen	9.60	1:02:34	6:31	7	17:43	24	17:43	41.90	4:14:09	6:03	7	58:35	23	58:35
Overhaverbeck	10.80	1:30:58	8:25	10	39:27	34	39:27	52.70	5:45:07	6:32	7	1:38:02	25	1:38:02
Undeloh	6.90	50:37	7:20	6	16:19	17	16:19	59.60	6:35:44	6:38	8	1:54:21	24	1:54:21
Egestorf	9.20	1:14:48	8:07	9	28:30	26	28:30	68.80	7:50:32	6:50	7	2:22:51	24	2:22:51
Salzhausen	10.60	1:53:41	10:43	11	57:10	37	57:11	79.40	9:44:13	7:21	10	3:20:01	28	3:20:02
Südergellersen	10.90	1:42:15	9:22	8	35:46	24	35:52	90.30	11:26:28	7:36	8	3:55:47	26	3:55:54
Sülzwiesen	9.70	1:34:54	9:47	9	43:04	30	43:04	100.00	13:01:22	7:48	9	4:38:51	27	4:38:51