



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Tesch, Thomas

Club: Open-sports-Hamburg
Number: 59

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 13:08:48

Speed: 7.61 km/h
Running performance: 7:53 min/km

Rank in course/Total: 32 (of 59)

Rank in course/Men: 28 (of 50)

Best time in course: 8:22:31

Rank in category: 2(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	1:01:21	5:53	1	-	22	13:00	10.40	1:01:21	5:53	1	-	22	13:00
Amelinghausen	13.60	1:20:37	5:55	1	-	15	16:19	24.00	2:21:58	5:54	1	-	16	29:19
Schwindebeck	8.30	48:11	5:48	1	-	12	10:08	32.30	3:10:09	5:53	1	-	15	39:27
Bispingen	9.60	1:00:12	6:16	1	-	21	15:21	41.90	4:10:21	5:58	1	-	17	54:47
Overhaverbeck	10.80	1:36:08	8:54	3	18:19	36	44:37	52.70	5:46:29	6:34	2	3:21	28	1:39:24
Undeloh	6.90	1:14:25	10:47	3	19:55	41	40:07	59.60	7:00:54	7:03	2	23:16	33	2:19:31
Egestorf	9.20	1:14:44	8:07	2	2:15	25	28:26	68.80	8:15:38	7:12	2	25:31	31	2:47:57
Salzhausen	10.60	1:32:16	8:42	1	-	24	35:46	79.40	9:47:54	7:24	2	23:55	29	3:23:43
Südergellersen	10.90	1:43:48	9:31	2	1:07	28	37:25	90.30	11:31:42	7:39	2	25:02	28	4:01:08
Sülzwiesen	9.70	1:37:06	10:00	3	20:26	32	45:16	100.00	13:08:48	7:53	2	39:07	28	4:46:17