



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Schwarz, Constantin

Club: Ultraläufer Nidderau

Number: 48

Course: 100.00 km

Ultra-Marathon

Category:

Männer (20-29 Jahre)

Total time: 13:13:15

Speed: 7.56 km/h

Running performance: 7:56 min/km

Rank in course/Total: 33 (of 59)

Rank in course/Men: 29 (of 50)

Best time in course: 8:22:31

Rank in category: 1(of 1)

Best time in the category: 13:13:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.40	58:38	5:38	1	-	13	10:17	10.40	58:38	5:38	1	-	13	10:17
Amelinghausen	13.60	1:18:09	5:44	1	-	9	13:51	24.00	2:16:47	5:41	1	-	9	24:08
Schwindebeck	8.30	46:36	5:36	1	-	8	8:33	32.30	3:03:23	5:40	1	-	9	32:41
Bispingen	9.60	58:11	6:03	1	-	16	13:20	41.90	4:01:34	5:45	1	-	11	46:00
Overhaverbeck	10.80	1:15:53	7:01	1	-	19	24:22	52.70	5:17:27	6:01	1	-	11	1:10:22
Undeloh	6.90	1:05:10	9:26	1	-	37	30:52	59.60	6:22:37	6:25	1	-	19	1:41:14
Egestorf	9.20	1:25:10	9:15	1	-	35	38:52	68.80	7:47:47	6:47	1	-	21	2:20:06
Salzhausen	10.60	1:51:27	10:30	1	-	36	54:57	79.40	9:39:14	7:17	1	-	26	3:15:03
Südergellersen	10.90	1:56:54	10:43	1	-	34	50:31	90.30	11:36:08	7:42	1	-	29	4:05:34
Sülzwiesen	9.70	1:37:07	10:00	1	-	33	45:17	100.00	13:13:15	7:55	1	-	29	4:50:44