



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Detailed evaluation

**Hirschberger, Torsten**

Club: 100 Marathon Club  
Number: 17

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:15:04

Speed: 7.55 km/h  
Running performance: 7:57 min/km

Rank in course/Total: 34 (of 59)

Rank in course/Men: 30 (of 50)

Best time in course: 8:22:31

Rank in category: 12(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	1:06:35	6:24	16	18:14	40	18:14	10.40	1:06:35	6:24	16	18:14	40	18:14
Amelinghausen	13.60	1:30:05	6:37	16	25:47	34	25:47	24.00	2:36:40	6:31	16	44:01	35	44:01
Schwindebeck	8.30	53:32	6:26	15	15:29	32	15:29	32.30	3:30:12	6:30	15	59:30	33	59:30
Bispingen	9.60	1:10:00	7:17	14	25:08	36	25:09	41.90	4:40:12	6:41	15	1:24:38	34	1:24:38
Overhaverbeck	10.80	1:21:32	7:32	10	30:01	27	30:01	52.70	6:01:44	6:51	13	1:54:39	33	1:54:39
Undeloh	6.90	56:26	8:10	10	22:08	29	22:08	59.60	6:58:10	7:00	13	2:16:47	32	2:16:47
Egestorf	9.20	1:19:07	8:35	12	32:49	30	32:49	68.80	8:17:17	7:13	12	2:49:36	32	2:49:36
Salzhausen	10.60	1:36:13	9:04	13	39:43	31	39:43	79.40	9:53:30	7:28	13	3:29:19	31	3:29:19
Südergellersen	10.90	1:43:38	9:30	11	37:15	27	37:15	90.30	11:37:08	7:43	12	4:06:34	30	4:06:34
Sülzwiesen	9.70	1:37:56	10:05	14	45:59	34	46:06	100.00	13:15:04	7:57	12	4:52:33	30	4:52:33