



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Lehmann, Sven

Club: Tide Runners Hamburg
Number: 41

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:34:04

Speed: 6.86 km/h
Running performance: 8:44 min/km

Rank in course/Total: 39 (of 59)

Rank in course/Men: 34 (of 50)

Best time in course: 8:22:31

Rank in category: 4(of 6)

Best time in the category: 10:20:59

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|----------------|-------|---------|-------|--------|--------|------|-------|--------|----------|------|--------|---------|--------|---------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| Südergellersen | 10.40 | 1:06:21 | 6:22 | 6 | 9:40 | 39 | 18:00 | 10.40 | 1:06:21 | 6:22 | 6 | 9:40 | 39 | 18:00 |
| Amelinghausen | 13.60 | 1:37:16 | 7:09 | 6 | 18:10 | 42 | 32:58 | 24.00 | 2:43:37 | 6:49 | 6 | 23:34 | 40 | 50:58 |
| Schwindebeck | 8.30 | 58:10 | 7:00 | 4 | 12:03 | 38 | 20:07 | 32.30 | 3:41:47 | 6:51 | 5 | 35:37 | 40 | 1:11:05 |
| Bispingen | 9.60 | 1:15:46 | 7:53 | 4 | 20:41 | 39 | 30:55 | 41.90 | 4:57:33 | 7:06 | 4 | 56:18 | 38 | 1:41:59 |
| Overhaverbeck | 10.80 | 1:41:45 | 9:25 | 4 | 37:48 | 43 | 50:14 | 52.70 | 6:39:18 | 7:34 | 4 | 1:34:06 | 40 | 2:32:13 |
| Undeloh | 6.90 | 1:05:45 | 9:31 | 4 | 23:58 | 38 | 31:27 | 59.60 | 7:45:03 | 7:48 | 4 | 1:58:04 | 37 | 3:03:40 |
| Egestorf | 9.20 | 1:29:46 | 9:45 | 4 | 29:06 | 38 | 43:28 | 68.80 | 9:14:49 | 8:03 | 4 | 2:27:10 | 36 | 3:47:08 |
| Salzhausen | 10.60 | 1:39:15 | 9:21 | 4 | 28:27 | 33 | 42:45 | 79.40 | 10:54:04 | 8:14 | 4 | 2:52:30 | 35 | 4:29:53 |
| Südergellersen | 10.90 | 1:49:43 | 10:03 | 4 | 34:39 | 31 | 43:20 | 90.30 | 12:43:47 | 8:27 | 4 | 3:27:09 | 34 | 5:13:13 |
| Sülzwiesen | 9.70 | 1:50:17 | 11:22 | 4 | 45:56 | 35 | 58:27 | 100.00 | 14:34:04 | 8:44 | 4 | 4:13:05 | 34 | 6:11:33 |