



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Kröger-Preuß, Bernd

Club: WooldlöpERS
Number: 50

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 14:49:23

Speed: 6.75 km/h
Running performance: 8:53 min/km

Rank in course/Total: 40 (of 59)

Rank in course/Men: 35 (of 50)

Best time in course: 8:22:31

Rank in category: 14(of 21)

Best time in the category: 8:22:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Südergellersen	10.40	1:14:35	7:10	18	26:14	43	26:14	10.40	1:14:35	7:10	18	26:14	43	26:14
Amelinghausen	13.60	1:42:00	7:30	20	37:42	48	37:42	24.00	2:56:35	7:21	20	1:03:56	48	1:03:56
Schwindebeck	8.30	59:25	7:09	17	21:22	40	21:22	32.30	3:56:00	7:18	20	1:25:18	47	1:25:18
Bispingen	9.60	1:18:38	8:11	19	33:46	43	33:47	41.90	5:14:38	7:30	20	1:59:04	46	1:59:04
Overhaverbeck	10.80	1:38:15	9:05	16	46:44	37	46:44	52.70	6:52:53	7:50	17	2:45:48	41	2:45:48
Undeloh	6.90	1:03:58	9:16	14	29:40	35	29:40	59.60	7:56:51	8:00	15	3:15:28	38	3:15:28
Egestorf	9.20	1:29:07	9:41	14	42:49	37	42:49	68.80	9:25:58	8:13	14	3:58:17	37	3:58:17
Salzhausen	10.60	1:47:54	10:10	14	51:24	35	51:24	79.40	11:13:52	8:29	14	4:49:41	36	4:49:41
Südergellersen	10.90	1:59:57	11:00	16	53:34	37	53:34	90.30	13:13:49	8:47	14	5:43:15	35	5:43:15
Sülzwiesen	9.70	1:35:34	9:51	13	43:37	31	43:44	100.00	14:49:23	8:53	14	6:26:52	35	6:26:52