



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Andreesen, Andres

Club: Ultrafriesen/100MC
Number: 37

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 16:04:48

Speed: 6.22 km/h
Running performance: 9:39 min/km

Rank in course/Total: 43 (of 59)

Rank in course/Men: 38 (of 50)

Best time in course: 8:22:31

Rank in category: 16(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	1:14:35	7:10	18	26:14	43	26:14	10.40	1:14:35	7:10	18	26:14	43	26:14
Amelinghausen	13.60	1:38:36	7:15	19	34:18	47	34:18	24.00	2:53:11	7:12	19	1:00:32	46	1:00:32
Schwindebeck	8.30	1:01:33	7:24	18	23:30	42	23:30	32.30	3:54:44	7:16	18	1:24:02	44	1:24:02
Bispingen	9.60	1:18:21	8:09	17	33:29	41	33:30	41.90	5:13:05	7:28	18	1:57:31	43	1:57:31
Overhaverbeck	10.80	1:40:35	9:18	18	49:04	42	49:04	52.70	6:53:40	7:50	19	2:46:35	43	2:46:35
Undeloh	6.90	1:09:41	10:05	17	35:23	40	35:23	59.60	8:03:21	8:06	17	3:21:58	40	3:21:58
Egestorf	9.20	1:52:42	12:15	15	1:06:24	39	1:06:24	68.80	9:56:03	8:39	15	4:28:22	38	4:28:22
Salzhausen	10.60	2:15:31	12:47	16	1:19:01	39	1:19:01	79.40	12:11:34	9:12	15	5:47:23	38	5:47:23
Südergellersen	10.90	1:57:00	10:44	14	50:37	35	50:37	90.30	14:08:34	9:23	15	6:38:00	37	6:38:00
Sülzwiesen	9.70	1:56:14	11:58	16	1:04:17	38	1:04:24	100.00	16:04:48	9:38	16	7:42:17	38	7:42:17