



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Friedrichs, Wolfgang

Club: TV Norden / Ultrafriesen / TEA

Number: 18

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 16:04:47

Speed: 6.22 km/h

Running performance: 9:39 min/km

Rank in course/Total: 42 (of 59)

Rank in course/Men: 37 (of 50)

Best time in course: 8:22:31

Rank in category: 15(of 21)

Best time in the category: 8:22:31

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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	1:38:35	7:14	18	34:17	46	34:17	24.00	2:53:10	7:12	18	1:00:31	45	1:00:31
Schwindebeck	8.30	1:01:35	7:25	20	23:32	44	23:32	32.30	3:54:45	7:16	19	1:24:03	45	1:24:03
Bispingen	9.60	1:18:22	8:09	18	33:30	42	33:31	41.90	5:13:07	7:28	19	1:57:33	44	1:57:33
Overhaverbeck	10.80	1:40:30	9:18	17	48:59	41	48:59	52.70	6:53:37	7:50	18	2:46:32	42	2:46:32
Undeloh	6.90	1:09:37	10:05	16	35:19	39	35:19	59.60	8:03:14	8:06	16	3:21:51	39	3:21:51
Egestorf	9.20	1:52:58	12:16	16	1:06:40	40	1:06:40	68.80	9:56:12	8:39	16	4:28:31	39	4:28:31
Salzhausen	10.60	2:15:22	12:46	15	1:18:52	38	1:18:52	79.40	12:11:34	9:12	15	5:47:23	38	5:47:23
Südergellersen	10.90	1:57:02	10:44	15	50:39	36	50:39	90.30	14:08:36	9:23	16	6:38:02	38	6:38:02
Sülzwiesen	9.70	1:56:11	11:58	15	1:04:14	37	1:04:21	100.00	16:04:47	9:38	15	7:42:16	37	7:42:16