



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Laenger, Uwe

Club: 1.FC UNION BERLIN
Number: 38

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 8:22:31

Speed: 11.94 km/h
Running performance: 5:02 min/km

Rank in course/Total: 2 (of 59)

Rank in course/Men: 1 (of 50)

Best time in course: 8:22:31

Rank in category: 1(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	48:21	4:38	1	-	1	-	10.40	48:21	4:38	1	-	1	-
Amelinghausen	13.60	1:04:18	4:43	1	-	1	-	24.00	1:52:39	4:41	1	-	1	-
Schwindebeck	8.30	38:03	4:35	1	-	1	-	32.30	2:30:42	4:39	1	-	1	-
Bispingen	9.60	44:52	4:40	1	-	2	0:01	41.90	3:15:34	4:40	1	-	1	-
Overhaverbeck	10.80	51:31	4:46	1	-	1	-	52.70	4:07:05	4:41	1	-	1	-
Undeloh	6.90	34:18	4:58	1	-	1	-	59.60	4:41:23	4:43	1	-	1	-
Egestorf	9.20	46:18	5:01	1	-	1	-	68.80	5:27:41	4:45	1	-	1	-
Salzhausen	10.60	56:30	5:19	1	-	1	-	79.40	6:24:11	4:50	1	-	1	-
Südergellersen	10.90	1:06:23	6:05	1	-	1	-	90.30	7:30:34	4:59	1	-	1	-
Sülzwiesen	9.70	51:57	5:21	1	-	2	0:07	100.00	8:22:31	5:01	1	-	1	-