



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Detailed evaluation

**Dehling, Sascha**

Club: LG Mauerweg Berlin e.V.  
Number: 32

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 8:22:31

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

Rank in course/Total: 1 (of 59)

Rank in course/Men: 1 (of 50)

Best time in course: 8:22:31

Rank in category: 1(of 12)

Best time in the category: 8:22:31

## 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	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	38:04	4:35	1	-	2	0:01	32.30	2:30:43	4:39	1	-	2	0:01
Bispingen	9.60	44:51	4:40	1	-	1	-	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	56:31	5:19	1	-	2	0:01	79.40	6:24:12	4:50	1	-	2	0:01
Südergellersen	10.90	1:06:29	6:05	1	-	2	0:06	90.30	7:30:41	4:59	1	-	2	0:07
Sülzwiesen	9.70	51:50	5:20	1	-	1	-	100.00	8:22:31	5:01	1	-	1	-