



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Exploitation détaillée

SV Hodenhagen Lauftreff

Temps total: 9:36:07

Dossard: 235

Vitesse: 10.41 km/h

Kilométrage: 5:46 min/km

Circuit: 100.00 km

Lüneburger Heide Lauf

Place par parcours: 35 (de 76)

Meilleur temps dans le parcours: 8:08:42

Catégorie:

Place par catégorie: 35(de 76)

Staffel

Meilleur temps dans la catégorie: 8:08:42

### Temps intermédiaires

### Résultats d'étape

### Résultat total

| Poste          | Etape |         | Etape  |       | Etape |       | Place |        | Retard  |      | Place |         | Retard |         | Total  |         | Total |       | Total   |       | Place   |       | Retard  |    | Place   |        | Retard  |        |         |       |         |         |    |         |   |      |
|----------------|-------|---------|--------|-------|-------|-------|-------|--------|---------|------|-------|---------|--------|---------|--------|---------|-------|-------|---------|-------|---------|-------|---------|----|---------|--------|---------|--------|---------|-------|---------|---------|----|---------|---|------|
|                | km    | Temps   | min/km | catg. | catg. | Total | Total | Total  | Total   | km   | Temps | min/km  | catg.  | catg.   | Total  | Total   | km    | Temps | min/km  | catg. | catg.   | Total | Total   | km | Temps   | min/km | catg.   | catg.  | Total   | Total |         |         |    |         |   |      |
| Südergellersen | 10.40 | 46:15   | 4:26   | 5     | 6:47  | 5     | 6:47  | 10.40  | 46:15   | 4:26 | 5     | 6:47    | 5      | 6:47    | 10.40  | 46:15   | 4:26  | 5     | 6:47    | 5     | 6:47    | 5     | 6:47    | 5  | 6:47    | 5      | 6:47    | 5      | 6:47    | 10.40 | 46:15   | 4:26    | 5  | 6:47    | 5 | 6:47 |
| Amelinghausen  | 13.60 | 57:14   | 4:12   | 1     | -     | 1     | -     | 24.00  | 1:43:29 | 4:18 | 2     | 2:06    | 2      | 2:06    | 24.00  | 1:43:29 | 4:18  | 2     | 2:06    | 2     | 2:06    | 2     | 2:06    | 2  | 2:06    | 2      | 2:06    | 2      | 2:06    | 24.00 | 1:43:29 | 4:18    | 2  | 2:06    | 2 | 2:06 |
| Schwindebeck   | 8.30  | 52:47   | 6:21   | 51    | 15:55 | 51    | 15:55 | 32.30  | 2:36:16 | 4:50 | 3     | 5:44    | 3      | 5:44    | 32.30  | 2:36:16 | 4:50  | 3     | 5:44    | 3     | 5:44    | 3     | 5:44    | 3  | 5:44    | 3      | 5:44    | 32.30  | 2:36:16 | 4:50  | 3       | 5:44    | 3  | 5:44    |   |      |
| Bispingen      | 9.60  | 1:06:00 | 6:52   | 61    | 20:44 | 61    | 20:44 | 41.90  | 3:42:16 | 5:18 | 11    | 22:40   | 11     | 22:40   | 41.90  | 3:42:16 | 5:18  | 11    | 22:40   | 11    | 22:40   | 11    | 22:40   | 11 | 22:40   | 11     | 22:40   | 41.90  | 3:42:16 | 5:18  | 11      | 22:40   | 11 | 22:40   |   |      |
| Overhaverbeck  | 10.80 | 1:13:31 | 6:48   | 67    | 27:57 | 67    | 27:57 | 52.70  | 4:55:47 | 5:36 | 28    | 40:26   | 28     | 40:26   | 52.70  | 4:55:47 | 5:36  | 28    | 40:26   | 28    | 40:26   | 28    | 40:26   | 28 | 40:26   | 28     | 40:26   | 52.70  | 4:55:47 | 5:36  | 28      | 40:26   | 28 | 40:26   |   |      |
| Undeloh        | 6.90  | 49:17   | 7:08   | 59    | 20:35 | 59    | 20:35 | 59.60  | 5:45:04 | 5:47 | 37    | 50:36   | 37     | 50:36   | 59.60  | 5:45:04 | 5:47  | 37    | 50:36   | 37    | 50:36   | 37    | 50:36   | 37 | 50:36   | 37     | 50:36   | 59.60  | 5:45:04 | 5:47  | 37      | 50:36   | 37 | 50:36   |   |      |
| Egestorf       | 9.20  | 52:07   | 5:39   | 22    | 10:42 | 22    | 10:42 | 68.80  | 6:37:11 | 5:46 | 28    | 50:26   | 28     | 50:26   | 68.80  | 6:37:11 | 5:46  | 28    | 50:26   | 28    | 50:26   | 28    | 50:26   | 28 | 50:26   | 28     | 50:26   | 68.80  | 6:37:11 | 5:46  | 28      | 50:26   | 28 | 50:26   |   |      |
| Salzhausen     | 10.60 | 1:10:12 | 6:37   | 65    | 28:11 | 65    | 28:11 | 79.40  | 7:47:23 | 5:53 | 39    | 1:10:48 | 39     | 1:10:48 | 79.40  | 7:47:23 | 5:53  | 39    | 1:10:48 | 39    | 1:10:48 | 39    | 1:10:48 | 39 | 1:10:48 | 39     | 1:10:48 | 79.40  | 7:47:23 | 5:53  | 39      | 1:10:48 | 39 | 1:10:48 |   |      |
| Südergellersen | 10.90 | 1:00:23 | 5:32   | 34    | 15:04 | 34    | 15:04 | 90.30  | 8:47:46 | 5:50 | 36    | 1:25:52 | 36     | 1:25:52 | 90.30  | 8:47:46 | 5:50  | 36    | 1:25:52 | 36    | 1:25:52 | 36    | 1:25:52 | 36 | 1:25:52 | 36     | 1:25:52 | 90.30  | 8:47:46 | 5:50  | 36      | 1:25:52 | 36 | 1:25:52 |   |      |
| Sülzwiesen     | 9.70  | 48:21   | 4:59   | 15    | 4:27  | 15    | 4:27  | 100.00 | 9:36:07 | 5:45 | 35    | 1:27:25 | 35     | 1:27:25 | 100.00 | 9:36:07 | 5:45  | 35    | 1:27:25 | 35    | 1:27:25 | 35    | 1:27:25 | 35 | 1:27:25 | 35     | 1:27:25 | 100.00 | 9:36:07 | 5:45  | 35      | 1:27:25 | 35 | 1:27:25 |   |      |