



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Exploitation détaillée

SG Bomlitz Wolfsrudel

Dossard: 276

Circuit: 100.00 km

Lüneburger Heide Lauf

Catégorie:

Staffel

Temps total: 10:24:07

Vitesse: 9.61 km/h

Kilométrage: 6:14 min/km

Place par parcours: 63 (de 76)

Meilleur temps dans le parcours: 8:08:42

Place par catégorie: 63(de 76)

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 | 1:03:05 | 6:03 | 57 | 23:37 | 57 | 23:37 | 10.40 | 1:03:05 | 6:03 | 57 | 23:37 | 57 | 23:37 | 10.40 | 1:03:05 | 6:03 | 57 | 23:37 | 57 | 23:37 | 57 | 23:37 | 57 | 23:37 | 57 | 23:37 | 57 | 23:37 | 57 | 23:37 |
| Amelinghausen | 13.60 | 1:28:07 | 6:28 | 69 | 30:53 | 69 | 30:53 | 24.00 | 2:31:12 | 6:17 | 65 | 49:49 | 65 | 49:49 | 24.00 | 2:31:12 | 6:17 | 65 | 49:49 | 65 | 49:49 | 65 | 49:49 | 65 | 49:49 | 65 | 49:49 | 65 | 49:49 | 65 | 49:49 |
| Schwindebeck | 8.30 | 48:54 | 5:53 | 32 | 12:02 | 32 | 12:02 | 32.30 | 3:20:06 | 6:11 | 62 | 49:34 | 62 | 49:34 | 32.30 | 3:20:06 | 6:11 | 62 | 49:34 | 62 | 49:34 | 62 | 49:34 | 62 | 49:34 | 62 | 49:34 | 62 | 49:34 | 62 | 49:34 |
| Bispingen | 9.60 | 1:03:17 | 6:35 | 56 | 18:01 | 56 | 18:01 | 41.90 | 4:23:23 | 6:17 | 64 | 1:03:47 | 64 | 1:03:47 | 41.90 | 4:23:23 | 6:17 | 64 | 1:03:47 | 64 | 1:03:47 | 64 | 1:03:47 | 64 | 1:03:47 | 64 | 1:03:47 | 64 | 1:03:47 | 64 | 1:03:47 |
| Overhaverbeck | 10.80 | 1:11:48 | 6:38 | 65 | 26:14 | 65 | 26:14 | 52.70 | 5:35:11 | 6:21 | 66 | 1:19:50 | 66 | 1:19:50 | 52.70 | 5:35:11 | 6:21 | 66 | 1:19:50 | 66 | 1:19:50 | 66 | 1:19:50 | 66 | 1:19:50 | 66 | 1:19:50 | 66 | 1:19:50 | 66 | 1:19:50 |
| Undeloh | 6.90 | 38:09 | 5:31 | 14 | 9:27 | 14 | 9:27 | 59.60 | 6:13:20 | 6:15 | 61 | 1:18:52 | 61 | 1:18:52 | 59.60 | 6:13:20 | 6:15 | 61 | 1:18:52 | 61 | 1:18:52 | 61 | 1:18:52 | 61 | 1:18:52 | 61 | 1:18:52 | 61 | 1:18:52 | 61 | 1:18:52 |
| Egestorf | 9.20 | 1:03:43 | 6:55 | 61 | 22:18 | 61 | 22:18 | 68.80 | 7:17:03 | 6:21 | 65 | 1:30:18 | 65 | 1:30:18 | 68.80 | 7:17:03 | 6:21 | 65 | 1:30:18 | 65 | 1:30:18 | 65 | 1:30:18 | 65 | 1:30:18 | 65 | 1:30:18 | 65 | 1:30:18 | 65 | 1:30:18 |
| Salzhausen | 10.60 | 59:27 | 5:36 | 34 | 17:26 | 34 | 17:26 | 79.40 | 8:16:30 | 6:15 | 58 | 1:39:55 | 58 | 1:39:55 | 79.40 | 8:16:30 | 6:15 | 58 | 1:39:55 | 58 | 1:39:55 | 58 | 1:39:55 | 58 | 1:39:55 | 58 | 1:39:55 | 58 | 1:39:55 | 58 | 1:39:55 |
| Südergellersen | 10.90 | 1:07:57 | 6:14 | 58 | 22:38 | 58 | 22:38 | 90.30 | 9:24:27 | 6:15 | 64 | 2:02:33 | 64 | 2:02:33 | 90.30 | 9:24:27 | 6:15 | 64 | 2:02:33 | 64 | 2:02:33 | 64 | 2:02:33 | 64 | 2:02:33 | 64 | 2:02:33 | 64 | 2:02:33 | 64 | 2:02:33 |
| Sülzwiesen | 9.70 | 59:40 | 6:09 | 53 | 15:46 | 53 | 15:46 | 100.00 | 10:24:07 | 6:14 | 63 | 2:15:25 | 63 | 2:15:25 | 100.00 | 10:24:07 | 6:14 | 63 | 2:15:25 | 63 | 2:15:25 | 63 | 2:15:25 | 63 | 2:15:25 | 63 | 2:15:25 | 63 | 2:15:25 | 63 | 2:15:25 |