



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detalizēti rezultāti

Schneverdingen - meine Heidekönigin **Kopējais laiks: 9:23:23**

Numurs: 256

Ātrums: 10.65 km/h

Skrējiena izpildījums: 5:38 min/km

Posms: 100.00 km

Lüneburger Heide Lauf

Vieta distancē: 21 (no 76)

Distances labākais laiks: 8:08:42

Grupa:

Vieta grupā: 21(no 76)

Staffel

Grupas labākais laiks: 8:08:42

Vidējie laiki

Posma rezultāts

Kopējais rezultāts

| Kontrollpunkts | Posma | | Posma | | Vietāztrūkum: | | Vietāztrūkums | | Kopā | | Kopā | | Kopā | | Vietāztrūkum: | | Vietāztrūkums | | | | |
|----------------|-------|---------|--------|-------|---------------|------|---------------|--------|---------|--------|-------|---------|------|---------|---------------|---------|---------------|-------|---------|----|---------|
| | km | Laiks | min/km | grupā | grupā | Kopā | Kopā | km | Laiks | min/km | grupā | grupā | Kopā | Kopā | km | Laiks | min/km | grupā | grupā | | |
| Südergellersen | 10.40 | 1:04:59 | 6:14 | 61 | 25:31 | 61 | 25:31 | 10.40 | 1:04:59 | 6:14 | 61 | 25:31 | 61 | 25:31 | 10.40 | 1:04:59 | 6:14 | 61 | 25:31 | 61 | 25:31 |
| Amelinghausen | 13.60 | 1:01:57 | 4:33 | 6 | 4:43 | 6 | 4:43 | 24.00 | 2:06:56 | 5:17 | 22 | 25:33 | 22 | 25:33 | 24.00 | 2:06:56 | 5:17 | 22 | 25:33 | 22 | 25:33 |
| Schwindebeck | 8.30 | 48:25 | 5:49 | 28 | 11:33 | 28 | 11:33 | 32.30 | 2:55:21 | 5:25 | 24 | 24:49 | 24 | 24:49 | 32.30 | 2:55:21 | 5:25 | 24 | 24:49 | 24 | 24:49 |
| Bispingen | 9.60 | 58:05 | 6:03 | 39 | 12:49 | 39 | 12:49 | 41.90 | 3:53:26 | 5:34 | 23 | 33:50 | 23 | 33:50 | 41.90 | 3:53:26 | 5:34 | 23 | 33:50 | 23 | 33:50 |
| Overhaverbeck | 10.80 | 1:11:18 | 6:36 | 64 | 25:44 | 64 | 25:44 | 52.70 | 5:04:44 | 5:46 | 41 | 49:23 | 41 | 49:23 | 52.70 | 5:04:44 | 5:46 | 41 | 49:23 | 41 | 49:23 |
| Undeloh | 6.90 | 38:57 | 5:38 | 17 | 10:15 | 17 | 10:15 | 59.60 | 5:43:41 | 5:45 | 33 | 49:13 | 33 | 49:13 | 59.60 | 5:43:41 | 5:45 | 33 | 49:13 | 33 | 49:13 |
| Egestorf | 9.20 | 53:52 | 5:51 | 31 | 12:27 | 31 | 12:27 | 68.80 | 6:37:33 | 5:46 | 29 | 50:48 | 29 | 50:48 | 68.80 | 6:37:33 | 5:46 | 29 | 50:48 | 29 | 50:48 |
| Salzhausen | 10.60 | 1:01:06 | 5:45 | 40 | 19:05 | 40 | 19:05 | 79.40 | 7:38:39 | 5:46 | 29 | 1:02:04 | 29 | 1:02:04 | 79.40 | 7:38:39 | 5:46 | 29 | 1:02:04 | 29 | 1:02:04 |
| Südergellersen | 10.90 | 59:16 | 5:26 | 26 | 13:57 | 26 | 13:57 | 90.30 | 8:37:55 | 5:44 | 28 | 1:16:01 | 28 | 1:16:01 | 90.30 | 8:37:55 | 5:44 | 28 | 1:16:01 | 28 | 1:16:01 |
| Sülzwiesen | 9.70 | 45:28 | 4:41 | 6 | 1:34 | 6 | 1:34 | 100.00 | 9:23:23 | 5:38 | 21 | 1:14:41 | 21 | 1:14:41 | 100.00 | 9:23:23 | 5:38 | 21 | 1:14:41 | 21 | 1:14:41 |