



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Detalizēti rezultāti

Lauftreff Geesthacht

Numurs: 206

Posms: 100.00 km

Lüneburger Heide Lauf

Grupa:

Staffel

Kopējais laiks: 10:19:30

Ātrums: 9.69 km/h

Skrējiena izpildījums: 6:12 min/km

Vieta distancē: 58 (no 76)

Distances labākais laiks: 8:08:42

Vieta grupā: 58(no 76)

Grupas labākais laiks: 8:08:42

## Vidējie laiki

## Posma rezultāts

## Kopējais rezultāts

| Kontrolpunkts  | 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    |
| Südergellersen | 10.40 | 55:07   | 5:17   | 25    | 15:39                      | 25   | 15:39 | 10.40  | 55:07    | 5:17   | 25    | 15:39   | 25                         | 15:39   |
| Amelinghausen  | 13.60 | 1:24:19 | 6:11   | 62    | 27:05                      | 62   | 27:05 | 24.00  | 2:19:26  | 5:48   | 48    | 38:03   | 48                         | 38:03   |
| Schwindebeck   | 8.30  | 36:52   | 4:26   | 1     | -                          | 1    | -     | 32.30  | 2:56:18  | 5:27   | 27    | 25:46   | 27                         | 25:46   |
| Bispingen      | 9.60  | 55:18   | 5:45   | 25    | 10:02                      | 25   | 10:02 | 41.90  | 3:51:36  | 5:31   | 19    | 32:00   | 19                         | 32:00   |
| Overhaverbeck  | 10.80 | 58:40   | 5:25   | 30    | 13:06                      | 30   | 13:06 | 52.70  | 4:50:16  | 5:30   | 17    | 34:55   | 17                         | 34:55   |
| Undeloh        | 6.90  | 48:45   | 7:03   | 56    | 20:03                      | 56   | 20:03 | 59.60  | 5:39:01  | 5:41   | 27    | 44:33   | 27                         | 44:33   |
| Egestorf       | 9.20  | 1:08:30 | 7:26   | 68    | 27:05                      | 68   | 27:05 | 68.80  | 6:47:31  | 5:55   | 38    | 1:00:46 | 38                         | 1:00:46 |
| Salzhausen     | 10.60 | 1:15:15 | 7:05   | 71    | 33:14                      | 71   | 33:14 | 79.40  | 8:02:46  | 6:04   | 52    | 1:26:11 | 52                         | 1:26:11 |
| Südergellersen | 10.90 | 1:15:39 | 6:56   | 68    | 30:20                      | 68   | 30:20 | 90.30  | 9:18:25  | 6:11   | 56    | 1:56:31 | 56                         | 1:56:31 |
| Sülzwiesen     | 9.70  | 1:01:05 | 6:17   | 58    | 17:11                      | 58   | 17:11 | 100.00 | 10:19:30 | 6:11   | 58    | 2:10:48 | 58                         | 2:10:48 |