



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

## Detalizēti rezultāti

APEX I

Kopējais laiks: 12:16:48

Numurs: 240

Ātrums: 8.14 km/h

Skrējiena izpildījums: 7:22 min/km

Posms: 100.00 km

Lüneburger Heide Lauf

Vieta distancē: 75 (no 76)

Distances labākais laiks: 8:08:42

Grupa:

Vieta grupā: 75(no 76)

Staffel

Grupas labākais laiks: 8:08:42

## Vidējie laiki

## Posma rezultāts

## Kopējais rezultāts

| Kontrollpunkts | Posma rezultāts |             |              | Kopējais rezultāts  |                      |         |            |             |                     |                      |         |            |    |         |
|----------------|-----------------|-------------|--------------|---------------------|----------------------|---------|------------|-------------|---------------------|----------------------|---------|------------|----|---------|
|                | Posma km        | Posma Laiks | Posma min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Kopā km | Kopā Laiks | Kopā min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Kopā km | Kopā Laiks |    |         |
| Südergellersen | 10.40           | 1:17:48     | 7:28         | 72                  | 38:20                | 72      | 38:20      | 10.40       | 1:17:48             | 7:28                 | 72      | 38:20      | 72 | 38:20   |
| Amelinghausen  | 13.60           | 1:40:10     | 7:21         | 75                  | 42:56                | 75      | 42:56      | 24.00       | 2:57:58             | 7:24                 | 75      | 1:16:35    | 75 | 1:16:35 |
| Schwindebeck   | 8.30            | 1:02:42     | 7:33         | 70                  | 25:50                | 70      | 25:50      | 32.30       | 4:00:40             | 7:27                 | 75      | 1:30:08    | 75 | 1:30:08 |
| Bispingen      | 9.60            | 56:46       | 5:54         | 35                  | 11:30                | 35      | 11:30      | 41.90       | 4:57:26             | 7:05                 | 74      | 1:37:50    | 74 | 1:37:50 |
| Overhaverbeck  | 10.80           | 1:06:47     | 6:11         | 52                  | 21:13                | 52      | 21:13      | 52.70       | 6:04:13             | 6:54                 | 72      | 1:48:52    | 72 | 1:48:52 |
| Undeloh        | 6.90            | 1:03:12     | 9:09         | 76                  | 34:30                | 76      | 34:30      | 59.60       | 7:07:25             | 7:10                 | 75      | 2:12:57    | 75 | 2:12:57 |
| Egestorf       | 9.20            | 1:14:51     | 8:08         | 74                  | 33:26                | 74      | 33:26      | 68.80       | 8:22:16             | 7:18                 | 75      | 2:35:31    | 75 | 2:35:31 |
| Salzhausen     | 10.60           | 1:31:32     | 8:38         | 75                  | 49:31                | 75      | 49:31      | 79.40       | 9:53:48             | 7:28                 | 75      | 3:17:13    | 75 | 3:17:13 |
| Südergellersen | 10.90           | 1:16:34     | 7:01         | 71                  | 31:15                | 71      | 31:15      | 90.30       | 11:10:22            | 7:25                 | 76      | 3:48:28    | 76 | 3:48:28 |
| Sülzwiesen     | 9.70            | 1:06:26     | 6:50         | 68                  | 22:32                | 68      | 22:32      | 100.00      | 12:16:48            | 7:22                 | 75      | 4:08:06    | 75 | 4:08:06 |