



### 3. Lüneburger Heide Staffellauf und Ultra-Marathon Lüneburg / 18.06.2022

#### Detailed evaluation

#### SV Lüneburger

Club: Lüneburger SV  
Number: 325

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 7:05:57

Speed: 14.09 km/h  
Running performance: 04:16 min/km

Rank in course/Total: 1 (of 32)

Rank in course/Total: 1 (of 32)

Best time in course: 7:05:57

Rank in category: 1(of 32)

Best time in the category: 7:05:57

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Südergellersen	10.30	38:09	3:42	1	-	1	-	10.30	38:09	3:42	1	-	1	-
Amelinghausen	13.80	51:04	3:42	1	-	1	-	24.10	1:29:13	3:42	2	23:53	2	23:53
Schwindebeck	9.40	36:40	3:54	1	-	1	-	33.50	2:05:53	3:45	1	-	1	-
Bispingen	8.90	44:16	4:58	4	4:48	4	4:48	42.40	2:50:09	4:00	1	-	1	-
Overhaverbeck	10.80	46:51	4:20	1	-	1	-	53.20	3:37:00	4:04	1	-	1	-
Undeloh	6.90	29:56	4:20	2	0:15	2	0:15	60.10	4:06:56	4:06	1	-	1	-
Egestorf	9.20	39:59	4:20	1	-	1	-	69.30	4:46:55	4:08	1	-	1	-
Salzhausen	10.70	39:41	3:42	1	-	1	-	80.00	5:26:36	4:04	1	-	1	-
Südergellersen	10.90	54:10	4:58	4	5:16	4	5:16	90.90	6:20:46	4:11	1	-	1	-
Sülzwiesen	9.10	45:11	4:57	4	5:13	4	5:13	100.00	7:05:57	4:15	1	-	1	-