



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Trost Karin

Total time: 14:28:56

Number: 140

Speed: 6.91 km/h

Running performance: 08:41 min/km

Course: 100.00 km

Rank in course/Total: 57 (of 102)

Ultra-Marathon

Rank in course/Women: 10 (of 16)

Best time in course: 8:42:41

Category:

Rank in category: 2(of 5)

Seniorinnen W45 (45-49 Jahre)

Best time in the category: 10:03:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Südergellersen	10.30	1:11:31	6:56	5	20:30	10	20:30	10.30	1:11:31	6:56	5	20:30	10	20:30
Amelinghausen	13.80	1:36:07	6:57	4	25:54	10	25:54	24.10	2:47:38	6:57	4	46:24	10	46:24
Schwindebeck	9.40	1:08:09	7:15	4	16:29	8	16:29	33.50	3:55:47	7:02	4	1:02:53	10	1:02:53
Bispingen	8.90	1:12:21	8:07	4	20:44	10	20:44	42.40	5:08:08	7:16	4	1:23:37	10	1:23:37
Overhaverbeck	10.80	1:34:17	8:43	4	22:21	12	28:15	53.20	6:42:25	7:33	4	1:45:58	10	1:45:58
Undeloh	6.90	1:06:12	9:35	4	20:13	12	25:02	60.10	7:48:37	7:47	4	2:06:11	10	2:06:11
Egestorf	9.20	1:30:41	9:51	3	30:16	9	30:16	69.30	9:19:18	8:04	4	2:36:27	10	2:36:27
Salzhausen	10.70	1:40:00	9:20	2	32:33	9	32:33	80.00	10:59:18	8:14	2	3:09:00	8	3:09:00
Südergellersen	10.90	1:51:47	10:15	2	35:17	12	35:17	90.90	12:51:05	8:28	2	3:44:17	8	3:44:17
Sülzwiesen	9.10	1:37:51	10:45	2	40:50	12	40:50	100.00	14:28:56	8:41	2	4:25:07	10	4:25:07