



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

#### Detailed evaluation

**August Karsten**

Club: 100 Marathon club  
Number: 4

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 14:32:48

Speed: 6.87 km/h  
Running performance: 08:43 min/km

Rank in course/Total: 59 (of 102)

Rank in course/Men: 49 (of 86)

Best time in course: 8:42:41

Rank in category: 7(of 11)

Best time in the category: 8:42:41

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Südergellersen	10.30	1:10:15	6:49	11	19:16	67	22:18	10.30	1:10:15	6:49	11	19:16	67	22:18
Amelinghausen	13.80	1:39:29	7:12	11	32:15	72	35:17	24.10	2:49:44	7:02	11	51:30	71	57:29
Schwindebeck	9.40	1:21:29	8:40	10	34:40	77	37:35	33.50	4:11:13	7:29	11	1:43:38	72	1:53:53
Bispingen	8.90	1:24:31	9:29	10	40:19	71	42:29	42.40	5:35:44	7:55	11	3:08:09	75	3:18:24
Overhaverbeck	10.80	1:40:46	9:19	8	47:06	59	47:06	53.20	7:16:30	8:12	9	2:48:34	65	3:02:08
Undeloh	6.90	1:01:23	8:53	7	26:47	42	26:47	60.10	8:17:53	8:17	9	3:15:20	62	3:20:54
Egestorf	9.20	1:14:12	8:03	5	24:36	21	24:36	69.30	9:32:05	8:15	8	3:39:56	50	3:39:56
Salzhausen	10.70	1:33:32	8:44	5	36:05	35	36:05	80.00	11:05:37	8:19	7	4:13:22	47	4:13:22
Südergellersen	10.90	1:46:08	9:44	7	41:57	40	41:57	90.90	12:51:45	8:29	7	4:55:19	48	4:55:19
Sülzwiesen	9.10	1:41:03	11:06	8	54:48	55	54:48	100.00	14:32:48	8:43	7	5:50:07	49	5:50:07