



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

Detailed evaluation

Firnkorn Joerg

Club: frei

Number: 34

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 14:43:02

Speed: 6.79 km/h

Running performance: 08:50 min/km

Rank in course/Total: 62 (of 102)

Rank in course/Men: 51 (of 86)

Best time in course: 8:42:41

Rank in category: 8(of 11)

Best time in the category: 8:42:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	1:01:11	5:56	7	10:12	37	13:14	10.30	1:01:11	5:56	7	10:12	37	13:14
Amelinghausen	13.80	1:29:12	6:27	7	21:58	50	25:00	24.10	2:30:23	6:14	7	32:09	43	38:08
Schwindebeck	9.40	1:10:06	7:27	9	23:17	59	26:12	33.50	3:40:29	6:34	8	1:12:54	51	1:23:09
Bispingen	8.90	1:16:35	8:36	9	32:23	63	34:33	42.40	4:57:04	7:00	10	2:29:29	58	2:39:44
Overhaverbeck	10.80	1:41:33	9:24	9	47:53	60	47:53	53.20	6:38:37	7:29	8	2:10:41	51	2:24:15
Undeloh	6.90	1:09:15	10:02	8	34:39	54	34:39	60.10	7:47:52	7:47	8	2:45:19	54	2:50:53
Egestorf	9.20	1:34:49	10:18	7	45:13	44	45:13	69.30	9:22:41	8:07	7	3:30:32	47	3:30:32
Salzhausen	10.70	1:57:05	10:56	8	59:38	60	59:38	80.00	11:19:46	8:29	8	4:27:31	50	4:27:31
Südergellersen	10.90	1:53:25	10:24	8	49:14	52	49:14	90.90	13:13:11	8:43	8	5:16:45	50	5:16:45
Sülzwiesen	9.10	1:29:51	9:52	6	43:36	48	43:36	100.00	14:43:02	8:49	8	6:00:21	51	6:00:21