



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

Detailed evaluation

Pielok Alois

Club: ohne
Number: 90

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:57:24

Speed: 6.69 km/h
Running performance: 08:58 min/km

Rank in course/Total: 64 (of 102)

Rank in course/Men: 52 (of 86)

Best time in course: 8:42:41

Rank in category: 6(of 11)

Best time in the category: 10:40:25

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	1:12:32	7:02	8	16:07	75	24:35	10.30	1:12:32	7:02	8	16:07	75	24:35
Amelinghausen	13.80	1:43:15	7:28	9	22:03	75	39:03	24.10	2:55:47	7:17	9	38:10	75	1:03:32
Schwindebeck	9.40	1:18:19	8:19	10	24:05	71	34:25	33.50	4:14:06	7:35	9	59:38	74	1:56:46
Bispingen	8.90	1:21:35	9:09	7	28:16	66	39:33	42.40	5:35:41	7:55	9	1:54:26	74	3:18:21
Overhaverbeck	10.80	1:35:17	8:49	6	28:39	55	41:37	53.20	7:10:58	8:06	7	1:50:03	63	2:56:36
Undeloh	6.90	1:10:10	10:10	9	22:45	55	35:34	60.10	8:21:08	8:20	7	2:11:55	63	3:24:09
Egestorf	9.20	1:29:46	9:45	5	28:16	37	40:10	69.30	9:50:54	8:31	7	2:40:11	52	3:58:45
Salzhausen	10.70	1:42:50	9:36	5	29:38	46	45:23	80.00	11:33:44	8:40	6	3:09:49	52	4:41:29
Südergellersen	10.90	1:48:55	9:59	7	26:20	46	44:44	90.90	13:22:39	8:49	6	3:36:09	52	5:26:13
Sülzwiesen	9.10	1:34:45	10:24	8	40:50	50	48:30	100.00	14:57:24	8:58	6	4:16:59	52	6:14:43