



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

#### Detailed evaluation

Laufkäfer Aßmanns

Number: 301

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 9:22:47

Speed: 10.66 km/h  
Running performance: 05:37 min/km

Rank in course/Total: 8 (of 32)

Rank in course/Total: 7 (of 32)

Best time in course: 7:05:57

Rank in category: 7(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	55:57	5:25	13	17:48	13	17:48	10.30	55:57	5:25	13	17:48	13	17:48
Amelinghausen	13.80	1:03:58	4:38	3	12:54	3	12:54	24.10	1:59:55	4:58	7	54:35	7	54:35
Schwindebeck	9.40	43:50	4:39	3	7:10	3	7:10	33.50	2:43:45	4:53	4	37:52	4	37:52
Bispingen	8.90	47:51	5:22	7	8:23	7	8:23	42.40	3:31:36	4:59	5	41:27	5	41:27
Overhaverbeck	10.80	1:14:40	6:54	26	27:49	26	27:49	53.20	4:46:16	5:22	8	1:09:16	8	1:09:16
Undeloh	6.90	43:14	6:15	17	13:33	17	13:33	60.10	5:29:30	5:28	11	1:22:34	11	1:22:34
Egestorf	9.20	51:37	5:36	6	11:38	6	11:38	69.30	6:21:07	5:29	9	1:34:12	9	1:34:12
Salzhausen	10.70	1:07:40	6:19	22	27:59	22	27:59	80.00	7:28:47	5:36	12	2:02:11	12	2:02:11
Südergellersen	10.90	57:26	5:16	6	8:32	6	8:32	90.90	8:26:13	5:34	8	2:05:27	8	2:05:27
Sülzwiesen	9.10	56:34	6:12	20	16:36	20	16:36	100.00	9:22:47	5:37	7	2:16:50	7	2:16:50