



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Gersbeck Ingo

Club: Berlin Runners

Number: 38

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 15:18:42

Speed: 6.53 km/h

Running performance: 09:11 min/km

Rank in course/Total: 67 (of 102)

Rank in course/Men: 55 (of 86)

Best time in course: 8:42:41

Rank in category: 8(of 11)

Best time in the category: 10:40:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	1:15:48	7:21	10	19:23	81	27:51	10.30	1:15:48	7:21	10	19:23	81	27:51
Amelinghausen	13.80	1:51:01	8:02	11	29:49	84	46:49	24.10	3:06:49	7:45	11	49:12	82	1:14:34
Schwindebeck	9.40	1:20:15	8:32	11	26:01	76	36:21	33.50	4:27:04	7:58	11	1:12:36	81	2:09:44
Bispingen	8.90	1:29:15	10:01	9	35:56	76	47:13	42.40	5:56:19	8:24	11	2:15:04	82	3:38:59
Overhaverbeck	10.80	1:48:52	10:04	9	42:14	70	55:12	53.20	7:45:11	8:44	9	2:24:16	71	3:30:49
Undeloh	6.90	1:04:41	9:22	7	17:16	47	30:05	60.10	8:49:52	8:48	9	2:40:39	69	3:52:53
Egestorf	9.20	1:32:51	10:05	7	31:21	42	43:15	69.30	10:22:43	8:59	9	3:12:00	57	4:30:34
Salzhausen	10.70	1:44:27	9:45	7	31:15	49	47:00	80.00	12:07:10	9:05	9	3:43:15	56	5:14:55
Südergellersen	10.90	1:46:47	9:47	6	24:12	42	42:36	90.90	13:53:57	9:10	8	4:07:27	55	5:57:31
Sülzwiesen	9.10	1:24:45	9:18	6	30:50	41	38:30	100.00	15:18:42	9:11	8	4:38:17	55	6:36:01