



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Jakob Dennis

Club: Fast Feet Tübingen

Number: 54

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M30 (30-34 Jahre)

Rank in course/Total: DNF (of 102)

Rank in course/Men: DNF (of 86)

Best time in course: 8:42:41

Rank in category: DNF(of 8)

Best time in the category: 9:42:42

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Südergellersen	10.30	53:26	5:11	2	5:29	8	5:29	10.30	53:26	5:11	2	5:29	8	5:29
Amelinghausen	13.80	1:15:06	5:26	2	10:48	10	10:54	24.10	2:08:32	5:19	2	16:17	7	16:17
Schwindebeck	9.40	56:31	6:00	3	11:58	21	12:37	33.50	3:05:03	5:31	2	28:15	12	47:43
Bispingen	8.90	54:42	6:08	3	10:44	19	12:40	42.40	3:59:45	5:39	3	38:59	16	1:42:25
Overhaverbeck	10.80	1:14:50	6:55	3	16:18	24	21:10	53.20	5:14:35	5:54	3	55:17	14	1:00:13
Undeloh	6.90	1:01:19	8:53	4	20:58	41	26:43	60.10	6:15:54	6:15	3	1:16:15	24	1:18:55
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-