



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

#### Detailed evaluation

#### 1 Team Naturpark

Club: Naturparkregion Lüneburger Heide e.V.  
Number: 341

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 9:22:51

Speed: 10.66 km/h  
Running performance: 05:38 min/km

Rank in course/Total: 9 (of 32)

Rank in course/Total: 9 (of 32)

Best time in course: 7:05:57

Rank in category: 9(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	50:59	4:56	6	12:50	6	12:50	10.30	50:59	4:56	6	12:50	6	12:50
Amelinghausen	13.80	1:12:16	5:14	14	21:12	14	21:12	24.10	2:03:15	5:06	11	57:55	11	57:55
Schwindebeck	9.40	46:45	4:58	5	10:05	5	10:05	33.50	2:50:00	5:04	7	44:07	7	44:07
Bispingen	8.90	55:29	6:14	17	16:01	17	16:01	42.40	3:45:29	5:19	10	55:20	10	55:20
Overhaverbeck	10.80	1:08:30	6:20	25	21:39	25	21:39	53.20	4:53:59	5:31	12	1:16:59	12	1:16:59
Undeloh	6.90	42:35	6:10	15	12:54	15	12:54	60.10	5:36:34	5:36	14	1:29:38	14	1:29:38
Egestorf	9.20	59:21	6:27	20	19:22	20	19:22	69.30	6:35:55	5:42	14	1:49:00	14	1:49:00
Salzhausen	10.70	49:49	4:39	3	10:08	3	10:08	80.00	7:25:44	5:34	9	1:59:08	9	1:59:08
Südergellersen	10.90	1:05:25	6:00	14	16:31	14	16:31	90.90	8:31:09	5:37	10	2:10:23	10	2:10:23
Sülzwiesen	9.10	51:42	5:40	13	11:44	13	11:44	100.00	9:22:51	5:37	9	2:16:54	9	2:16:54