



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Ruske Alexander

Club: Nonviolent Mobility

Number: 101

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M40 (40-44 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 11)

Best time in the category: 8:42:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	58:15	5:39	5	7:16	28	10:18	10.30	58:15	5:39	5	7:16	28	10:18
Amelinghausen	13.80	1:20:08	5:48	4	12:54	20	15:56	24.10	2:18:23	5:44	4	20:09	23	26:08
Schwindebeck	9.40	54:49	5:49	4	8:00	17	10:55	33.50	3:13:12	5:46	5	45:37	22	55:52
Bispingen	8.90	54:30	6:07	4	10:18	17	12:28	42.40	4:07:42	5:50	5	1:40:07	22	1:50:22
Overhaverbeck	10.80	1:24:20	7:48	6	30:40	37	30:40	53.20	5:32:02	6:14	5	1:04:06	26	1:17:40
Undeloh	6.90	-	-	9	-	63	-	60.10	5:32:02	5:31	3	29:29	7	35:03
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-