



### 3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

#### Detailed evaluation

Holste Michael

Number: 51

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M50 (50-54 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 20)

Best time in the category: 10:11:17

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Südergellersen	10.30	1:07:31	6:33	11	12:10	58	19:34	10.30	1:07:31	6:33	11	12:10	58	19:34
Amelinghausen	13.80	1:35:59	6:57	12	21:42	62	31:47	24.10	2:43:30	6:47	12	32:50	61	51:15
Schwindebeck	9.40	1:14:21	7:54	12	17:35	66	30:27	33.50	3:57:51	7:05	13	49:04	65	1:40:31
Bispingen	8.90	1:17:39	8:43	14	24:33	64	35:37	42.40	5:15:30	7:26	13	1:06:53	68	2:58:10
Overhaverbeck	10.80	1:37:26	9:01	11	32:13	56	43:46	53.20	6:52:56	7:45	10	1:39:06	56	2:38:34
Undeloh	6.90	fehlt!	-	-	-	-	-	60.10	-	-	-	-	-	-
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-