



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Zab Gunnar

Club: LF Trills 09

Number: 148

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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	1:25:06	8:15	20	29:45	86	37:09	10.30	1:25:06	8:15	20	29:45	86	37:09
Amelinghausen	13.80	2:09:23	9:22	20	55:06	86	1:05:11	24.10	3:34:29	8:53	20	1:23:49	86	1:42:14
Schwindebeck	9.40	1:30:36	9:38	19	33:50	82	46:42	33.50	5:05:05	9:06	20	1:56:18	86	2:47:45
Bispingen	8.90	1:26:18	9:41	16	33:12	72	44:16	42.40	6:31:23	9:13	20	2:22:46	86	4:14:03
Overhaverbeck	10.80	fehlt!	-	-	-	-	-	53.20	-	-	-	-	-	-
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	-	-	-	-	-	-