



# 3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

## Detailed evaluation

### Heinrich Mirko

Club: Laufsport Ulm  
Number: 47

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M55 (55-59 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: 10:40:25

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	1:08:30	6:39	7	12:05	61	20:33	10.30	1:08:30	6:39	7	12:05	61	20:33
Amelinghausen	13.80	1:36:39	7:00	7	15:27	64	32:27	24.10	2:45:09	6:51	7	27:32	66	52:54
Schwindebeck	9.40	1:10:19	7:28	7	16:05	60	26:25	33.50	3:55:28	7:01	7	41:00	61	1:38:08
Bispingen	8.90	-	-	10	-	81	-	42.40	3:55:28	5:33	2	14:13	13	1:38:08
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	-	-	-	-	-	-