



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

Detailed evaluation

Brunsborg LG

Club: LG Brunsborg
Number: 319

Course: 100.00 km
5-10er-Staffel

Category:
5-10er Staffel

Total time: 9:28:14

Speed: 10.56 km/h
Running performance: 05:41 min/km

Rank in course/Total: 11 (of 32)

Rank in course/Total: 11 (of 32)

Best time in course: 7:05:57

Rank in category: 11(of 32)

Best time in the category: 7:05:57

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| Control | 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 | 52:07 | 5:03 | 8 | 13:58 | 8 | 13:58 | 10.30 | 52:07 | 5:03 | 8 | 13:58 | 8 | 13:58 |
| Amelinghausen | 13.80 | 1:21:14 | 5:53 | 23 | 30:10 | 23 | 30:10 | 24.10 | 2:13:21 | 5:31 | 19 | 1:08:01 | 19 | 1:08:01 |
| Schwindebeck | 9.40 | 50:32 | 5:22 | 10 | 13:52 | 10 | 13:52 | 33.50 | 3:03:53 | 5:29 | 15 | 58:00 | 15 | 58:00 |
| Bispingen | 8.90 | 49:27 | 5:33 | 10 | 9:59 | 10 | 9:59 | 42.40 | 3:53:20 | 5:30 | 12 | 1:03:11 | 12 | 1:03:11 |
| Overhaverbeck | 10.80 | 58:40 | 5:25 | 9 | 11:49 | 9 | 11:49 | 53.20 | 4:52:00 | 5:29 | 11 | 1:15:00 | 11 | 1:15:00 |
| Undeloh | 6.90 | 39:38 | 5:44 | 11 | 9:57 | 11 | 9:57 | 60.10 | 5:31:38 | 5:31 | 12 | 1:24:42 | 12 | 1:24:42 |
| Egestorf | 9.20 | 51:33 | 5:36 | 5 | 11:34 | 5 | 11:34 | 69.30 | 6:23:11 | 5:31 | 10 | 1:36:16 | 10 | 1:36:16 |
| Salzhausen | 10.70 | 1:04:10 | 5:59 | 16 | 24:29 | 16 | 24:29 | 80.00 | 7:27:21 | 5:35 | 10 | 2:00:45 | 10 | 2:00:45 |
| Südergellersen | 10.90 | 1:01:54 | 5:40 | 9 | 13:00 | 9 | 13:00 | 90.90 | 8:29:15 | 5:36 | 9 | 2:08:29 | 9 | 2:08:29 |
| Sülzwiesen | 9.10 | 58:59 | 6:28 | 25 | 19:01 | 25 | 19:01 | 100.00 | 9:28:14 | 5:40 | 11 | 2:22:17 | 11 | 2:22:17 |