



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Hake Bianca

Club: Lauftraining Soest
Number: 44

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Rank in course/Total: DNF (of 102)
Rank in course/Women: DNF (of 16)
Best time in course: 8:42:41
Rank in category: DNF(of 5)
Best time in the category: 10:03:49

Control	Intermediate times								Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women		
Südergellersen	10.30	56:47	5:30	2	5:46	3	5:46	10.30	56:47	5:30	2	5:46	3	5:46		
Amelinghausen	13.80	1:21:58	5:56	3	11:45	5	11:45	24.10	2:18:45	5:45	2	17:31	3	17:31		
Schwindebeck	9.40	1:02:55	6:41	3	11:15	5	11:15	33.50	3:21:40	6:01	3	28:46	5	28:46		
Bispingen	8.90	1:05:09	7:19	3	13:32	6	13:32	42.40	4:26:49	6:17	3	42:18	5	42:18		
Overhaverbeck	10.80	1:32:56	8:36	3	21:00	11	26:54	53.20	5:59:45	6:45	3	1:03:18	5	1:03:18		
Undeloh	6.90	1:02:21	9:02	3	16:22	9	21:11	60.10	7:02:06	7:01	3	1:19:40	6	1:19:40		
Egestorf	9.20	1:38:42	10:43	4	38:17	14	38:17	69.30	8:40:48	7:30	3	1:57:57	7	1:57:57		
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-		
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-		
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-		