



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

#### Detailed evaluation

Oepen-Hogrefe Nicolas

Number: 153

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 9:42:42

Speed: 10.30 km/h

Running performance: 05:49 min/km

Rank in course/Total: 3 (of 102)

Rank in course/Men: 3 (of 86)

Best time in course: 8:42:41

Rank in category: 1(of 8)

Best time in the category: 9:42:42

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Südergellersen	10.30	58:02	5:38	3	10:05	25	10:05	10.30	58:02	5:38	3	10:05	25	10:05
Amelinghausen	13.80	1:17:06	5:35	3	12:48	11	12:54	24.10	2:15:08	5:36	3	22:53	16	22:53
Schwindebeck	9.40	52:35	5:35	2	8:02	10	8:41	33.50	3:07:43	5:36	3	30:55	14	50:23
Bispingen	8.90	51:42	5:48	2	7:44	9	9:40	42.40	3:59:25	5:38	2	38:39	15	1:42:05
Overhaverbeck	10.80	1:01:38	5:42	2	3:06	7	7:58	53.20	5:01:03	5:39	2	41:45	9	46:41
Undeloh	6.90	40:27	5:51	2	0:06	5	5:51	60.10	5:41:30	5:40	2	41:51	11	44:31
Egestorf	9.20	57:22	6:14	1	-	5	7:46	69.30	6:38:52	5:45	2	36:41	8	46:43
Salzhausen	10.70	1:05:19	6:06	1	-	3	7:52	80.00	7:44:11	5:48	2	27:56	7	51:56
Südergellersen	10.90	1:06:36	6:06	1	-	3	2:25	90.90	8:50:47	5:50	2	3:10	5	54:21
Sülzwiesen	9.10	51:55	5:42	1	-	3	5:40	100.00	9:42:42	5:49	1	-	3	1:00:01