



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

Detailed evaluation

Torben & Karsten

Club: ALG-VfL Bokel
Number: 221

Course: 100.00 km
2-er-Staffel

Category:
2er Staffel

Total time: 9:42:57

Speed: 10.29 km/h
Running performance: 05:50 min/km

Rank in course/Total: 3 (of 11)

Rank in course/Total: 3 (of 11)

Best time in course: 9:18:35

Rank in category: 3(of 11)

Best time in the category: 9:18:35

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|----------------|-------|---------|--------|------|--------|-------|--------|--------|---------|--------|------|--------|-------|--------|
| | km | Time | min/km | Cat. | Cat. | Total | Total | km | Time | min/km | Cat. | Cat. | Total | Total |
| Südergellersen | 10.30 | 50:23 | 4:53 | 1 | - | 1 | - | 10.30 | 50:23 | 4:53 | 1 | - | 1 | - |
| Amelinghausen | 13.80 | 1:06:53 | 4:50 | 1 | - | 1 | - | 24.10 | 1:57:16 | 4:51 | 1 | - | 1 | - |
| Schwindebeck | 9.40 | 46:52 | 4:59 | 1 | - | 1 | - | 33.50 | 2:44:08 | 4:53 | 1 | - | 1 | - |
| Bispingen | 8.90 | 45:59 | 5:10 | 1 | - | 1 | - | 42.40 | 3:30:07 | 4:57 | 1 | - | 1 | - |
| Overhaverbeck | 10.80 | 1:09:33 | 6:26 | 2 | 7:02 | 2 | 7:02 | 53.20 | 4:39:40 | 5:15 | 1 | - | 1 | - |
| Undeloh | 6.90 | 35:00 | 5:04 | 2 | 4:53 | 2 | 4:53 | 60.10 | 5:14:40 | 5:14 | 1 | - | 1 | - |
| Egestorf | 9.20 | 49:57 | 5:25 | 2 | 6:41 | 2 | 6:41 | 69.30 | 6:04:37 | 5:15 | 1 | - | 1 | - |
| Salzhausen | 10.70 | 1:02:05 | 5:48 | 3 | 10:50 | 3 | 10:50 | 80.00 | 7:06:42 | 5:20 | 1 | - | 1 | - |
| Südergellersen | 10.90 | 1:31:31 | 8:23 | 4 | 32:02 | 4 | 32:02 | 90.90 | 8:38:13 | 5:42 | 2 | 16:00 | 2 | 16:00 |
| Sülzwiesen | 9.10 | 1:04:44 | 7:06 | 5 | 15:48 | 5 | 15:48 | 100.00 | 9:42:57 | 5:49 | 3 | 24:22 | 3 | 24:22 |