



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

#### Detailed evaluation

#### Triathlon RSC Lüneburg

Club: RSC Lüneburg  
Number: 329

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 7:57:31

Speed: 12.57 km/h  
Running performance: 04:46 min/km

Rank in course/Total: 2 (of 32)

Rank in course/Total: 2 (of 32)

Best time in course: 7:05:57

Rank in category: 2(of 32)

Best time in the category: 7:05:57

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Total			Total	km	
Südergellersen	10.30	52:45	5:07	9	14:36	9	14:36	10.30	52:45	5:07	9	14:36	9	14:36
Amelinghausen	13.80	56:51	4:07	2	5:47	2	5:47	24.10	1:49:36	4:32	3	44:16	3	44:16
Schwindebeck	9.40	55:35	5:54	15	18:55	15	18:55	33.50	2:45:11	4:55	5	39:18	5	39:18
Bispingen	8.90	40:59	4:36	2	1:31	2	1:31	42.40	3:26:10	4:51	4	36:01	4	36:01
Overhaverbeck	10.80	50:06	4:38	2	3:15	2	3:15	53.20	4:16:16	4:49	2	39:16	2	39:16
Undeloh	6.90	30:32	4:25	4	0:51	4	0:51	60.10	4:46:48	4:46	2	39:52	2	39:52
Egestorf	9.20	43:36	4:44	2	3:37	2	3:37	69.30	5:30:24	4:46	2	43:29	2	43:29
Salzhausen	10.70	54:27	5:05	5	14:46	5	14:46	80.00	6:24:51	4:48	2	58:15	2	58:15
Südergellersen	10.90	52:42	4:50	3	3:48	3	3:48	90.90	7:17:33	4:48	2	56:47	2	56:47
Sülzwiesen	9.10	39:58	4:23	1	-	1	-	100.00	7:57:31	4:46	2	51:34	2	51:34