



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

Detailed evaluation

Dehling Sascha

Club: LG Mauerweg Berlin e.V.
Number: 1

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 9:44:29

Speed: 10.27 km/h
Running performance: 05:50 min/km

Rank in course/Total: 4 (of 102)

Rank in course/Men: 4 (of 86)

Best time in course: 8:42:41

Rank in category: 1(of 15)

Best time in the category: 9:44:29

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	48:21	4:41	1	-	4	0:24	10.30	48:21	4:41	1	-	4	0:24
Amelinghausen	13.80	1:05:14	4:43	1	-	4	1:02	24.10	1:53:35	4:42	1	-	4	1:20
Schwindebeck	9.40	45:24	4:49	1	-	3	1:30	33.50	2:38:59	4:44	1	-	5	21:39
Bispingen	8.90	45:12	5:04	1	-	4	3:10	42.40	3:24:11	4:48	1	-	5	1:06:51
Overhaverbeck	10.80	1:00:18	5:34	1	-	6	6:38	53.20	4:24:29	4:58	1	-	3	10:07
Undeloh	6.90	46:49	6:47	5	3:54	13	12:13	60.10	5:11:18	5:10	1	-	5	14:19
Egestorf	9.20	1:05:24	7:06	4	1:24	12	15:48	69.30	6:16:42	5:26	1	-	5	24:33
Salzhausen	10.70	1:12:52	6:48	1	-	7	15:25	80.00	7:29:34	5:37	1	-	5	37:19
Südergellersen	10.90	1:23:00	7:36	3	2:24	12	18:49	90.90	8:52:34	5:51	1	-	6	56:08
Sülzwiesen	9.10	51:55	5:42	1	-	3	5:40	100.00	9:44:29	5:50	1	-	4	1:01:48