



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

#### Detailed evaluation

#### 2 Team Naturpark

Club: Naturparkregion Lüneburger Heide e.V.  
Number: 342

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 9:44:55

Speed: 10.26 km/h  
Running performance: 05:51 min/km

Rank in course/Total: 15 (of 32)

Rank in course/Total: 15 (of 32)

Best time in course: 7:05:57

Rank in category: 15(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	Total		
	km	Time			min/km	Cat.		Cat.	Total			Total	km	Time
Südergellersen	10.30	55:30	5:23	12	17:21	12	17:21	10.30	55:30	5:23	12	17:21	12	17:21
Amelinghausen	13.80	1:28:40	6:25	27	37:36	27	37:36	24.10	2:24:10	5:58	23	1:18:50	23	1:18:50
Schwindebeck	9.40	1:04:18	6:50	27	27:38	27	27:38	33.50	3:28:28	6:13	25	1:22:35	25	1:22:35
Bispingen	8.90	52:45	5:55	13	13:17	13	13:17	42.40	4:21:13	6:09	22	1:31:04	22	1:31:04
Overhaverbeck	10.80	55:42	5:09	7	8:51	7	8:51	53.20	5:16:55	5:57	20	1:39:55	20	1:39:55
Undeloh	6.90	35:23	5:07	7	5:42	7	5:42	60.10	5:52:18	5:51	18	1:45:22	18	1:45:22
Egestorf	9.20	55:13	6:00	10	15:14	10	15:14	69.30	6:47:31	5:52	16	2:00:36	16	2:00:36
Salzhausen	10.70	1:03:48	5:57	14	24:07	14	24:07	80.00	7:51:19	5:53	16	2:24:43	16	2:24:43
Südergellersen	10.90	1:11:38	6:34	18	22:44	18	22:44	90.90	9:02:57	5:58	16	2:42:11	16	2:42:11
Sülzwiesen	9.10	41:58	4:36	3	2:00	3	2:00	100.00	9:44:55	5:50	15	2:38:58	15	2:38:58