



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

#### Detailed evaluation

#### SV Lufthansa

Club: Lufthansa SV/ BSV HH  
Number: 323

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 9:47:29

Speed: 10.21 km/h  
Running performance: 05:52 min/km

Rank in course/Total: 16 (of 32)

Rank in course/Total: 16 (of 32)

Best time in course: 7:05:57

Rank in category: 16(of 32)

Best time in the category: 7:05:57

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Südergellersen	10.30	56:56	5:31	16	18:47	16	18:47	10.30	56:56	5:31	16	18:47	16	18:47
Amelinghausen	13.80	1:19:19	5:44	21	28:15	21	28:15	24.10	2:16:15	5:39	20	1:10:55	20	1:10:55
Schwindebeck	9.40	1:00:53	6:28	24	24:13	24	24:13	33.50	3:17:08	5:53	19	1:11:15	19	1:11:15
Bispingen	8.90	51:50	5:49	11	12:22	11	12:22	42.40	4:08:58	5:52	18	1:18:49	18	1:18:49
Overhaverbeck	10.80	1:02:47	5:48	16	15:56	16	15:56	53.20	5:11:45	5:51	18	1:34:45	18	1:34:45
Undeloh	6.90	40:26	5:51	12	10:45	12	10:45	60.10	5:52:11	5:51	17	1:45:15	17	1:45:15
Egestorf	9.20	1:02:37	6:48	23	22:38	23	22:38	69.30	6:54:48	5:59	17	2:07:53	17	2:07:53
Salzhausen	10.70	57:15	5:21	8	17:34	8	17:34	80.00	7:52:03	5:54	17	2:25:27	17	2:25:27
Südergellersen	10.90	1:04:09	5:53	13	15:15	13	15:15	90.90	8:56:12	5:53	15	2:35:26	15	2:35:26
Sülzwiesen	9.10	51:17	5:38	11	11:19	11	11:19	100.00	9:47:29	5:52	16	2:41:32	16	2:41:32