



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

#### Detailed evaluation

Schützka Georg

Club: LG TuS Weinböhla  
Number: 121

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 9:56:21

Speed: 10.06 km/h  
Running performance: 05:58 min/km

Rank in course/Total: 7 (of 102)

Rank in course/Men: 7 (of 86)

Best time in course: 8:42:41

Rank in category: 1(of 10)

Best time in the category: 9:56:21

Control	Intermediate times							Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Südergellersen	10.30	48:14	4:40	2	0:11	3	0:17	10.30	48:14	4:40	2	0:11	3	0:17	
Amelinghausen	13.80	1:04:40	4:41	2	0:28	3	0:28	24.10	1:52:54	4:41	2	0:39	3	0:39	
Schwindebeck	9.40	43:54	4:40	1	-	1	-	33.50	2:36:48	4:40	2	19:28	3	19:28	
Bispingen	8.90	42:02	4:43	1	-	1	-	42.40	3:18:50	4:41	2	1:01:30	3	1:01:30	
Overhaverbeck	10.80	55:32	5:08	1	-	3	1:52	53.20	4:14:22	4:46	1	-	1	-	
Undeloh	6.90	42:37	6:10	1	-	7	8:01	60.10	4:56:59	4:56	1	-	1	-	
Egestorf	9.20	59:51	6:30	1	-	6	10:15	69.30	5:56:50	5:08	1	-	3	4:41	
Salzhausen	10.70	1:18:52	7:22	2	6:09	15	21:25	80.00	7:15:42	5:26	1	-	3	23:27	
Südergellersen	10.90	1:32:26	8:28	3	19:19	24	28:15	90.90	8:48:08	5:48	1	-	4	51:42	
Sülzwiesen	9.10	1:08:13	7:29	4	10:57	26	21:58	100.00	9:56:21	5:57	1	-	7	1:13:40	