



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

#### Detailed evaluation

**Spiekermann Tanja**

Club: SV Werder Bremen  
Number: 125

Course: 100.00 km  
Ultra-Marathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 10:03:49

Speed: 9.94 km/h  
Running performance: 06:02 min/km

Rank in course/Total: 8 (of 102)

Rank in course/Women: 1 (of 16)

Best time in course: 8:42:41

Rank in category: 1 (of 5)

Best time in the category: 10:03:49

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Südergellersen	10.30	51:01	4:57	1	-	1	-	10.30	51:01	4:57	1	-	1	-
Amelinghausen	13.80	1:10:13	5:05	1	-	1	-	24.10	2:01:14	5:01	1	-	1	-
Schwindebeck	9.40	51:40	5:29	1	-	1	-	33.50	2:52:54	5:09	1	-	1	-
Bispingen	8.90	51:37	5:47	1	-	1	-	42.40	3:44:31	5:17	1	-	1	-
Overhaverbeck	10.80	1:11:56	6:39	1	-	2	5:54	53.20	4:56:27	5:34	1	-	1	-
Undeloh	6.90	45:59	6:39	1	-	2	4:49	60.10	5:42:26	5:41	1	-	1	-
Egestorf	9.20	1:00:25	6:34	1	-	1	-	69.30	6:42:51	5:48	1	-	1	-
Salzhausen	10.70	1:07:27	6:18	1	-	1	-	80.00	7:50:18	5:52	1	-	1	-
Südergellersen	10.90	1:16:30	7:01	1	-	1	-	90.90	9:06:48	6:00	1	-	1	-
Sülzwiesen	9.10	57:01	6:15	1	-	1	-	100.00	10:03:49	6:02	1	-	1	-