



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

Detailed evaluation

Herzig Ralf

Club: LG TuS Weinböhla
Number: 49

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 10:11:17

Speed: 9.82 km/h
Running performance: 06:07 min/km

Rank in course/Total: 9 (of 102)

Rank in course/Men: 8 (of 86)

Best time in course: 8:42:41

Rank in category: 1(of 20)

Best time in the category: 10:11:17

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	58:22	5:39	3	3:01	29	10:25	10.30	58:22	5:39	3	3:01	29	10:25
Amelinghausen	13.80	1:20:23	5:49	3	6:06	21	16:11	24.10	2:18:45	5:45	3	8:05	25	26:30
Schwindebeck	9.40	56:46	6:02	1	-	22	12:52	33.50	3:15:31	5:50	3	6:44	25	58:11
Bispingen	8.90	53:06	5:57	1	-	11	11:04	42.40	4:08:37	5:51	1	-	23	1:51:17
Overhaverbeck	10.80	1:05:13	6:02	1	-	10	11:33	53.20	5:13:50	5:53	1	-	13	59:28
Undeloh	6.90	40:32	5:52	1	-	6	5:56	60.10	5:54:22	5:53	2	15:13	14	57:23
Egestorf	9.20	57:07	6:12	1	-	4	7:31	69.30	6:51:29	5:56	1	-	9	59:20
Salzhausen	10.70	1:08:49	6:25	1	-	5	11:22	80.00	8:00:18	6:00	1	-	8	1:08:03
Südergellersen	10.90	1:18:48	7:13	1	-	6	14:37	90.90	9:19:06	6:09	1	-	8	1:22:40
Sülzwiesen	9.10	52:11	5:44	1	-	5	5:56	100.00	10:11:17	6:06	1	-	8	1:28:36