



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

Detailed evaluation

Speed sport.TRI.lich

Club: SPRTS
Number: 334

Course: 100.00 km
5-10er-Staffel

Category:
5-10er Staffel

Total time: 8:24:11

Speed: 11.90 km/h
Running performance: 05:02 min/km

Rank in course/Total: 3 (of 32)

Rank in course/Total: 3 (of 32)

Best time in course: 7:05:57

Rank in category: 3(of 32)

Best time in the category: 7:05:57

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.								
Südergellersen	10.30	44:05	4:16	2	5:56	2	5:56	10.30	44:05	4:16	2	5:56	2	5:56
Amelinghausen	13.80	1:05:57	4:46	5	14:53	5	14:53	24.10	1:50:02	4:33	4	44:42	4	44:42
Schwindebeck	9.40	48:21	5:08	6	11:41	6	11:41	33.50	2:38:23	4:43	2	32:30	2	32:30
Bispingen	8.90	47:29	5:20	5	8:01	5	8:01	42.40	3:25:52	4:51	3	35:43	3	35:43
Overhaverbeck	10.80	54:14	5:01	5	7:23	5	7:23	53.20	4:20:06	4:53	3	43:06	3	43:06
Undeloh	6.90	30:24	4:24	3	0:43	3	0:43	60.10	4:50:30	4:50	3	43:34	3	43:34
Egestorf	9.20	56:21	6:07	13	16:22	13	16:22	69.30	5:46:51	5:00	3	59:56	3	59:56
Salzhausen	10.70	54:39	5:06	7	14:58	7	14:58	80.00	6:41:30	5:01	3	1:14:54	3	1:14:54
Südergellersen	10.90	1:02:31	5:44	11	13:37	11	13:37	90.90	7:44:01	5:06	3	1:23:15	3	1:23:15
Sülzwiesen	9.10	40:10	4:24	2	0:12	2	0:12	100.00	8:24:11	5:02	3	1:18:14	3	1:18:14