



### 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    |      | Behind | Total  |         | Pos  | Behind | Pos     |    | Behind  |
|----------------|-------|---------|------|--------|--------|------|--------|--------|---------|------|--------|---------|----|---------|
|                | km    | Time    |      |        | min/km | Cat. |        | Cat.   | Total   |      |        | Total   | km |         |
| 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 |