



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

Detailed evaluation

Geesthacht Lauftreff

Club: Lauftreff Geesthacht
Number: 315

Course: 100.00 km
5-10er-Staffel

Category:
5-10er Staffel

Total time: 10:12:07

Speed: 9.80 km/h
Running performance: 06:07 min/km

Rank in course/Total: 18 (of 32)

Rank in course/Total: 18 (of 32)

Best time in course: 7:05:57

Rank in category: 18(of 32)

Best time in the category: 7:05:57

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos | | Behind | | Total km | Total Time | Total min/km | Pos | | Behind | |
|----------------|-------------|---------------|-----------------|------|-------|--------|-------|-------------|---------------|-----------------|------|---------|--------|---------|
| | | | | Cat. | Total | Cat. | Total | | | | Cat. | Total | Cat. | Total |
| Südergellersen | 10.30 | 1:12:48 | 7:04 | 30 | 34:39 | 30 | 34:39 | 10.30 | 1:12:48 | 7:04 | 30 | 34:39 | 30 | 34:39 |
| Amelinghausen | 13.80 | 1:21:20 | 5:53 | 24 | 30:16 | 24 | 30:16 | 24.10 | 2:34:08 | 6:23 | 29 | 1:28:48 | 29 | 1:28:48 |
| Schwindebeck | 9.40 | 56:34 | 6:01 | 20 | 19:54 | 20 | 19:54 | 33.50 | 3:30:42 | 6:17 | 27 | 1:24:49 | 27 | 1:24:49 |
| Bispingen | 8.90 | 58:47 | 6:36 | 20 | 19:19 | 20 | 19:19 | 42.40 | 4:29:29 | 6:21 | 25 | 1:39:20 | 25 | 1:39:20 |
| Overhaverbeck | 10.80 | 1:03:44 | 5:54 | 18 | 16:53 | 18 | 16:53 | 53.20 | 5:33:13 | 6:15 | 24 | 1:56:13 | 24 | 1:56:13 |
| Undeloh | 6.90 | 46:50 | 6:47 | 21 | 17:09 | 21 | 17:09 | 60.10 | 6:20:03 | 6:19 | 24 | 2:13:07 | 24 | 2:13:07 |
| Egestorf | 9.20 | 1:02:46 | 6:49 | 24 | 22:47 | 24 | 22:47 | 69.30 | 7:22:49 | 6:23 | 24 | 2:35:54 | 24 | 2:35:54 |
| Salzhausen | 10.70 | 1:04:35 | 6:02 | 17 | 24:54 | 17 | 24:54 | 80.00 | 8:27:24 | 6:20 | 22 | 3:00:48 | 22 | 3:00:48 |
| Südergellersen | 10.90 | 57:15 | 5:15 | 5 | 8:21 | 5 | 8:21 | 90.90 | 9:24:39 | 6:12 | 20 | 3:03:53 | 20 | 3:03:53 |
| Sülzwiesen | 9.10 | 47:28 | 5:12 | 7 | 7:30 | 7 | 7:30 | 100.00 | 10:12:07 | 6:07 | 18 | 3:06:10 | 18 | 3:06:10 |