



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

Detailed evaluation

vollgasis Calluna

Club: Leuphana Universität
Number: 304

Course: 100.00 km
5-10er-Staffel

Category:
5-10er Staffel

Total time: 10:12:16

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

Rank in course/Total: 19 (of 32)

Rank in course/Total: 19 (of 32)

Best time in course: 7:05:57

Rank in category: 19(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 Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Südergellersen	10.30	1:06:21	6:26	27	28:12	27	28:12	10.30	1:06:21	6:26	27	28:12	27	28:12
Amelinghausen	13.80	1:20:02	5:47	22	28:58	22	28:58	24.10	2:26:23	6:04	24	1:21:03	24	1:21:03
Schwindebeck	9.40	51:01	5:25	11	14:21	11	14:21	33.50	3:17:24	5:53	20	1:11:31	20	1:11:31
Bispingen	8.90	56:48	6:22	18	17:20	18	17:20	42.40	4:14:12	5:59	20	1:24:03	20	1:24:03
Overhaverbeck	10.80	57:04	5:17	8	10:13	8	10:13	53.20	5:11:16	5:51	17	1:34:16	17	1:34:16
Undeloh	6.90	38:48	5:37	10	9:07	10	9:07	60.10	5:50:04	5:49	15	1:43:08	15	1:43:08
Egestorf	9.20	1:06:26	7:13	28	26:27	28	26:27	69.30	6:56:30	6:00	18	2:09:35	18	2:09:35
Salzhausen	10.70	1:10:02	6:32	25	30:21	25	30:21	80.00	8:06:32	6:04	19	2:39:56	19	2:39:56
Südergellersen	10.90	1:06:52	6:08	15	17:58	15	17:58	90.90	9:13:24	6:05	18	2:52:38	18	2:52:38
Sülzwiesen	9.10	58:52	6:28	24	18:54	24	18:54	100.00	10:12:16	6:07	19	3:06:19	19	3:06:19