



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

Detailed evaluation

Moorteufel Dahlenburger

Club: Dahlenburger SK
Number: 305

Course: 100.00 km
5-10er-Staffel

Category:
5-10er Staffel

Total time: 10:28:31

Speed: 9.55 km/h
Running performance: 06:17 min/km

Rank in course/Total: 21 (of 32)

Rank in course/Total: 21 (of 32)

Best time in course: 7:05:57

Rank in category: 21(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	57:13	5:33	17	19:04	17	19:04	10.30	57:13	5:33	17	19:04	17	19:04
Amelinghausen	13.80	1:26:51	6:17	26	35:47	26	35:47	24.10	2:24:04	5:58	22	1:18:44	22	1:18:44
Schwindebeck	9.40	1:06:33	7:04	29	29:53	29	29:53	33.50	3:30:37	6:17	26	1:24:44	26	1:24:44
Bispingen	8.90	1:00:22	6:46	22	20:54	22	20:54	42.40	4:30:59	6:23	26	1:40:50	26	1:40:50
Overhaverbeck	10.80	1:04:13	5:56	20	17:22	20	17:22	53.20	5:35:12	6:18	26	1:58:12	26	1:58:12
Undeloh	6.90	46:50	6:47	21	17:09	21	17:09	60.10	6:22:02	6:21	25	2:15:06	25	2:15:06
Egestorf	9.20	1:04:20	6:59	26	24:21	26	24:21	69.30	7:26:22	6:26	25	2:39:27	25	2:39:27
Salzhausen	10.70	1:07:18	6:17	19	27:37	19	27:37	80.00	8:33:40	6:25	25	3:07:04	25	3:07:04
Südergellersen	10.90	1:02:25	5:43	10	13:31	10	13:31	90.90	9:36:05	6:20	22	3:15:19	22	3:15:19
Sülzwiesen	9.10	52:26	5:45	16	12:28	16	12:28	100.00	10:28:31	6:17	21	3:22:34	21	3:22:34