



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

Detailed evaluation

Martin Schneider

Club: Best Athletics
Number: 114

Course: 100.00 km
Ultra-Marathon

Category:
Männer (20-29 Jahre)

Total time: 10:32:18

Speed: 9.49 km/h
Running performance: 06:19 min/km

Rank in course/Total: 10 (of 102)

Rank in course/Men: 9 (of 86)

Best time in course: 8:42:41

Rank in category: 1(of 3)

Best time in the category: 10:32:18

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	53:26	5:11	1	-	8	5:29	10.30	53:26	5:11	1	-	8	5:29
Amelinghausen	13.80	1:19:03	5:43	1	-	18	14:51	24.10	2:12:29	5:29	1	-	11	20:14
Schwindebeck	9.40	49:26	5:15	1	-	5	5:32	33.50	3:01:55	5:25	1	-	10	44:35
Bispingen	8.90	47:59	5:23	1	-	5	5:57	42.40	3:49:54	5:25	1	-	11	1:32:34
Overhaverbeck	10.80	58:13	5:23	1	-	4	4:33	53.20	4:48:07	5:24	1	-	7	33:45
Undeloh	6.90	44:01	6:22	1	-	10	9:25	60.10	5:32:08	5:31	1	-	8	35:09
Egestorf	9.20	1:06:02	7:10	1	-	13	16:26	69.30	6:38:10	5:44	1	-	7	46:01
Salzhausen	10.70	1:23:11	7:46	1	-	20	25:44	80.00	8:01:21	6:01	1	-	9	1:09:06
Südergellersen	10.90	1:24:51	7:47	1	-	15	20:40	90.90	9:26:12	6:13	1	-	9	1:29:46
Sülzwiesen	9.10	1:06:06	7:15	1	-	21	19:51	100.00	10:32:18	6:19	1	-	9	1:49:37