



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

#### Detailed evaluation

**Flömer André**

Club: Team Erdinger alkoholfrei  
Number: 157

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 10:40:25

Speed: 9.37 km/h  
Running performance: 06:24 min/km

Rank in course/Total: 11 (of 102)

Rank in course/Men: 10 (of 86)

Best time in course: 8:42:41

Rank in category: 1(of 11)

Best time in the category: 10:40:25

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	1:05:02	6:18	6	8:37	54	17:05	10.30	1:05:02	6:18	6	8:37	54	17:05
Amelinghausen	13.80	1:22:23	5:58	3	1:11	33	18:11	24.10	2:27:25	6:07	4	9:48	37	35:10
Schwindebeck	9.40	54:14	5:46	1	-	16	10:20	33.50	3:21:39	6:01	3	7:11	34	1:04:19
Bispingen	8.90	53:31	6:00	2	0:12	14	11:29	42.40	4:15:10	6:01	4	33:55	30	1:57:50
Overhaverbeck	10.80	1:06:38	6:10	1	-	13	12:58	53.20	5:21:48	6:02	2	0:53	17	1:07:26
Undeloh	6.90	47:25	6:52	1	-	14	12:49	60.10	6:09:13	6:08	1	-	17	1:12:14
Egestorf	9.20	1:01:30	6:41	1	-	7	11:54	69.30	7:10:43	6:12	1	-	12	1:18:34
Salzhausen	10.70	1:13:12	6:50	1	-	8	15:45	80.00	8:23:55	6:17	1	-	11	1:31:40
Südergellersen	10.90	1:22:35	7:34	1	-	11	18:24	90.90	9:46:30	6:27	1	-	12	1:50:04
Sülzwiesen	9.10	53:55	5:55	1	-	6	7:40	100.00	10:40:25	6:24	1	-	10	1:57:44