



### 3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

#### Detailed evaluation

Damen SVG Lüneburg 5.

Number: 339

Course: 100.00 km

5-10er-Staffel

Category:

5-10er Staffel

Total time: 10:42:36

Speed: 9.34 km/h

Running performance: 06:25 min/km

Rank in course/Total: 22 (of 32)

Rank in course/Total: 22 (of 32)

Best time in course: 7:05:57

Rank in category: 22(of 32)

Best time in the category: 7:05:57

Control	Intermediate times				Stage score				Total ranking					
	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	54:30	5:17	11	16:21	11	16:21	10.30	54:30	5:17	11	16:21	11	16:21
Amelinghausen	13.80	1:09:00	5:00	11	17:56	11	17:56	24.10	2:03:30	5:07	12	58:10	12	58:10
Schwindebeck	9.40	55:50	5:56	17	19:10	17	19:10	33.50	2:59:20	5:21	13	53:27	13	53:27
Bispingen	8.90	1:05:31	7:21	27	26:03	27	26:03	42.40	4:04:51	5:46	15	1:14:42	15	1:14:42
Overhaverbeck	10.80	1:29:00	8:14	32	42:09	32	42:09	53.20	5:33:51	6:16	25	1:56:51	25	1:56:51
Undeloh	6.90	50:54	7:22	28	21:13	28	21:13	60.10	6:24:45	6:24	26	2:17:49	26	2:17:49
Egestorf	9.20	1:02:24	6:46	22	22:25	22	22:25	69.30	7:27:09	6:27	26	2:40:14	26	2:40:14
Salzhausen	10.70	1:04:01	5:58	15	24:20	15	24:20	80.00	8:31:10	6:23	24	3:04:34	24	3:04:34
Südergellersen	10.90	1:19:20	7:16	26	30:26	26	30:26	90.90	9:50:30	6:29	25	3:29:44	25	3:29:44
Sülzwiesen	9.10	52:06	5:43	14	12:08	14	12:08	100.00	10:42:36	6:25	22	3:36:39	22	3:36:39