



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

#### Detailed evaluation

Gyukin Steffen

Total time: 10:43:14

Number: 43

Speed: 9.33 km/h

Running performance: 06:26 min/km

Course: 100.00 km

Rank in course/Total: 12 (of 102)

Ultra-Marathon

Rank in course/Men: 11 (of 86)

Best time in course: 8:42:41

Category:

Rank in category: 2(of 10)

Senioren M35 (35-39 Jahre)

Best time in the category: 9:56:21

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	1:01:33	5:58	9	13:30	38	13:36	10.30	1:01:33	5:58	9	13:30	38	13:36
Amelinghausen	13.80	1:23:20	6:02	8	19:08	34	19:08	24.10	2:24:53	6:00	9	32:38	35	32:38
Schwindebeck	9.40	56:22	5:59	7	12:28	20	12:28	33.50	3:21:15	6:00	9	1:03:55	32	1:03:55
Bispingen	8.90	58:39	6:35	6	16:37	31	16:37	42.40	4:19:54	6:07	9	2:02:34	36	2:02:34
Overhaverbeck	10.80	1:03:52	5:54	2	8:20	9	10:12	53.20	5:23:46	6:05	5	1:09:24	18	1:09:24
Undeloh	6.90	50:15	7:16	2	7:38	20	15:39	60.10	6:14:01	6:13	5	1:17:02	21	1:17:02
Egestorf	9.20	1:06:07	7:11	2	6:16	14	16:31	69.30	7:20:08	6:21	2	1:23:18	14	1:27:59
Salzhausen	10.70	1:12:43	6:47	1	-	6	15:16	80.00	8:32:51	6:24	2	1:17:09	14	1:40:36
Südergellersen	10.90	1:13:07	6:42	1	-	4	8:56	90.90	9:45:58	6:26	2	57:50	11	1:49:32
Sülzwiesen	9.10	57:16	6:17	1	-	7	11:01	100.00	10:43:14	6:25	2	46:53	11	2:00:33