



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

#### Detailed evaluation

Schurbert Ingo

Number: 118

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 10:43:36

Speed: 9.32 km/h

Running performance: 06:26 min/km

Rank in course/Total: 13 (of 102)

Rank in course/Men: 12 (of 86)

Best time in course: 8:42:41

Rank in category: 2(of 15)

Best time in the category: 9:44:29

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	58:02	5:38	6	9:41	25	10:05	10.30	58:02	5:38	6	9:41	25	10:05
Amelinghausen	13.80	1:17:27	5:36	2	12:13	13	13:15	24.10	2:15:29	5:37	3	21:54	17	23:14
Schwindebeck	9.40	53:18	5:40	3	7:54	13	9:24	33.50	3:08:47	5:38	2	29:48	15	51:27
Bispingen	8.90	53:02	5:57	2	7:50	10	11:00	42.40	4:01:49	5:42	3	37:38	17	1:44:29
Overhaverbeck	10.80	1:06:37	6:10	3	6:19	12	12:57	53.20	5:08:26	5:47	3	43:57	11	54:04
Undeloh	6.90	43:58	6:22	2	1:03	9	9:22	60.10	5:52:24	5:51	3	41:06	13	55:25
Egestorf	9.20	1:04:57	7:03	2	0:57	10	15:21	69.30	6:57:21	6:01	2	40:39	10	1:05:12
Salzhausen	10.70	1:14:40	6:58	2	1:48	11	17:13	80.00	8:12:01	6:09	2	42:27	10	1:19:46
Südergellersen	10.90	1:24:41	7:46	4	4:05	14	20:30	90.90	9:36:42	6:20	2	44:08	10	1:40:16
Sülzwiesen	9.10	1:06:54	7:21	6	14:59	22	20:39	100.00	10:43:36	6:26	2	59:07	12	2:00:55