



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

#### Detailed evaluation

löpptt In Oldendörp

Number: 313

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 10:44:32

Speed: 9.31 km/h  
Running performance: 06:26 min/km

Rank in course/Total: 23 (of 32)

Rank in course/Total: 23 (of 32)

Best time in course: 7:05:57

Rank in category: 23(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	58:52	5:42	20	20:43	20	20:43	10.30	58:52	5:42	20	20:43	20	20:43
Amelinghausen	13.80	1:29:19	6:28	28	38:15	28	38:15	24.10	2:28:11	6:08	26	1:22:51	26	1:22:51
Schwindebeck	9.40	58:50	6:15	23	22:10	23	22:10	33.50	3:27:01	6:10	24	1:21:08	24	1:21:08
Bispingen	8.90	54:21	6:06	15	14:53	15	14:53	42.40	4:21:22	6:09	23	1:31:13	23	1:31:13
Overhaverbeck	10.80	1:02:09	5:45	15	15:18	15	15:18	53.20	5:23:31	6:04	21	1:46:31	21	1:46:31
Undeloh	6.90	42:37	6:10	16	12:56	16	12:56	60.10	6:06:08	6:05	21	1:59:12	21	1:59:12
Egestorf	9.20	1:01:54	6:43	21	21:55	21	21:55	69.30	7:08:02	6:10	22	2:21:07	22	2:21:07
Salzhausen	10.70	1:26:15	8:03	32	46:34	32	46:34	80.00	8:34:17	6:25	26	3:07:41	26	3:07:41
Südergellersen	10.90	1:12:25	6:38	19	23:31	19	23:31	90.90	9:46:42	6:27	24	3:25:56	24	3:25:56
Sülzwiesen	9.10	57:50	6:21	23	17:52	23	17:52	100.00	10:44:32	6:26	23	3:38:35	23	3:38:35