



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

Detailed evaluation

Nordmark BSG

Club: BSG Nordmark Pharma
Number: 303

Course: 100.00 km
5-10er-Staffel

Category:
5-10er Staffel

Total time: 8:35:59

Speed: 11.63 km/h
Running performance: 05:10 min/km

Rank in course/Total: 4 (of 32)

Rank in course/Total: 4 (of 32)

Best time in course: 7:05:57

Rank in category: 4(of 32)

Best time in the category: 7:05:57

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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Südergellersen	10.30	48:19	4:41	3	10:10	3	10:10	10.30	48:19	4:41	3	10:10	3	10:10
Amelinghausen	13.80	1:06:41	4:49	7	15:37	7	15:37	24.10	1:55:00	4:46	5	49:40	5	49:40
Schwindebeck	9.40	54:14	5:46	14	17:34	14	17:34	33.50	2:49:14	5:03	6	43:21	6	43:21
Bispingen	8.90	48:00	5:23	8	8:32	8	8:32	42.40	3:37:14	5:07	7	47:05	7	47:05
Overhaverbeck	10.80	51:09	4:44	4	4:18	4	4:18	53.20	4:28:23	5:02	6	51:23	6	51:23
Undeloh	6.90	44:46	6:29	19	15:05	19	15:05	60.10	5:13:09	5:12	6	1:06:13	6	1:06:13
Egestorf	9.20	55:52	6:04	12	15:53	12	15:53	69.30	6:09:01	5:19	7	1:22:06	7	1:22:06
Salzhausen	10.70	49:35	4:38	2	9:54	2	9:54	80.00	6:58:36	5:13	6	1:32:00	6	1:32:00
Südergellersen	10.90	48:54	4:29	1	-	1	-	90.90	7:47:30	5:08	4	1:26:44	4	1:26:44
Sülzwiesen	9.10	48:29	5:19	8	8:31	8	8:31	100.00	8:35:59	5:09	4	1:30:02	4	1:30:02