



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

#### Detailed evaluation

**Kanbach Mike**

Club: Bovender SV  
Number: 58

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 10:52:53

Speed: 9.19 km/h  
Running performance: 06:32 min/km

Rank in course/Total: 14 (of 102)

Rank in course/Men: 13 (of 86)

Best time in course: 8:42:41

Rank in category: 3(of 15)

Best time in the category: 9:44:29

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	58:31	5:40	8	10:10	30	10:34	10.30	58:31	5:40	8	10:10	30	10:34
Amelinghausen	13.80	1:21:04	5:52	6	15:50	23	16:52	24.10	2:19:35	5:47	7	26:00	28	27:20
Schwindebeck	9.40	57:33	6:07	6	12:09	27	13:39	33.50	3:17:08	5:53	6	38:09	27	59:48
Bispingen	8.90	56:38	6:21	4	11:26	21	14:36	42.40	4:13:46	5:59	6	49:35	27	1:56:26
Overhaverbeck	10.80	1:12:45	6:44	4	12:27	23	19:05	53.20	5:26:31	6:08	4	1:02:02	20	1:12:09
Undeloh	6.90	45:14	6:33	3	2:19	11	10:38	60.10	6:11:45	6:11	4	1:00:27	18	1:14:46
Egestorf	9.20	1:04:57	7:03	2	0:57	10	15:21	69.30	7:16:42	6:18	4	1:00:00	13	1:24:33
Salzhausen	10.70	1:15:42	7:04	3	2:50	12	18:15	80.00	8:32:24	6:24	4	1:02:50	13	1:40:09
Südergellersen	10.90	1:20:36	7:23	1	-	7	16:25	90.90	9:53:00	6:31	3	1:00:26	13	1:56:34
Sülzwiesen	9.10	59:53	6:34	2	7:58	10	13:38	100.00	10:52:53	6:31	3	1:08:24	13	2:10:12