



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

Detailed evaluation

Jans Gunnar

Number: 55

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 10:59:59

Speed: 9.09 km/h

Running performance: 06:36 min/km

Rank in course/Total: 17 (of 102)

Rank in course/Men: 15 (of 86)

Best time in course: 8:42:41

Rank in category: 2(of 11)

Best time in the category: 10:40:25

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	1:00:43	5:53	3	4:18	36	12:46	10.30	1:00:43	5:53	3	4:18	36	12:46
Amelinghausen	13.80	1:21:34	5:54	2	0:22	27	17:22	24.10	2:22:17	5:54	2	4:40	33	30:02
Schwindebeck	9.40	55:48	5:56	2	1:34	18	11:54	33.50	3:18:05	5:54	2	3:37	28	1:00:45
Bispingen	8.90	53:19	5:59	1	-	12	11:17	42.40	4:11:24	5:55	3	30:09	26	1:54:04
Overhaverbeck	10.80	1:09:31	6:26	2	2:53	15	15:51	53.20	5:20:55	6:01	1	-	15	1:06:33
Undeloh	6.90	52:16	7:34	3	4:51	24	17:40	60.10	6:13:11	6:12	2	3:58	19	1:16:12
Egestorf	9.20	1:07:04	7:17	2	5:34	15	17:28	69.30	7:20:15	6:21	2	9:32	15	1:28:06
Salzhausen	10.70	1:13:47	6:53	2	0:35	9	16:20	80.00	8:34:02	6:25	2	10:07	15	1:41:47
Südergellersen	10.90	1:23:22	7:38	2	0:47	13	19:11	90.90	9:57:24	6:34	2	10:54	15	2:00:58
Sülzwiesen	9.10	1:02:35	6:52	3	8:40	13	16:20	100.00	10:59:59	6:35	2	19:34	15	2:17:18