



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

#### Detailed evaluation

#### Heideexpress Der

Club: Der Heideexpress  
Number: 306

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 11:08:05

Speed: 8.98 km/h  
Running performance: 06:41 min/km

Rank in course/Total: 26 (of 32)

Rank in course/Total: 26 (of 32)

Best time in course: 7:05:57

Rank in category: 26(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	1:02:17	6:02	22	24:08	22	24:08	10.30	1:02:17	6:02	22	24:08	22	24:08
Amelinghausen	13.80	1:16:13	5:31	19	25:09	19	25:09	24.10	2:18:30	5:44	21	1:13:10	21	1:13:10
Schwindebeck	9.40	1:05:20	6:57	28	28:40	28	28:40	33.50	3:23:50	6:05	23	1:17:57	23	1:17:57
Bispingen	8.90	1:27:34	9:50	32	48:06	32	48:06	42.40	4:51:24	6:52	30	2:01:15	30	2:01:15
Overhaverbeck	10.80	1:06:15	6:08	23	19:24	23	19:24	53.20	5:57:39	6:43	27	2:20:39	27	2:20:39
Undeloh	6.90	56:01	8:07	30	26:20	30	26:20	60.10	6:53:40	6:52	27	2:46:44	27	2:46:44
Egestorf	9.20	58:31	6:21	17	18:32	17	18:32	69.30	7:52:11	6:48	27	3:05:16	27	3:05:16
Salzhausen	10.70	1:09:37	6:30	24	29:56	24	29:56	80.00	9:01:48	6:46	27	3:35:12	27	3:35:12
Südergellersen	10.90	1:08:28	6:16	17	19:34	17	19:34	90.90	10:10:16	6:42	26	3:49:30	26	3:49:30
Sülzwiesen	9.10	57:49	6:21	22	17:51	22	17:51	100.00	11:08:05	6:40	26	4:02:08	26	4:02:08