



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

Detailed evaluation

Koenen Oliver

Club: LSLG Klein Glienicke
Number: 64

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 11:17:01

Speed: 8.86 km/h
Running performance: 06:46 min/km

Rank in course/Total: 18 (of 102)

Rank in course/Men: 16 (of 86)

Best time in course: 8:42:41

Rank in category: 2(of 20)

Best time in the category: 10:11:17

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	1:00:10	5:50	4	4:49	33	12:13	10.30	1:00:10	5:50	4	4:49	33	12:13
Amelinghausen	13.80	1:27:18	6:19	6	13:01	44	23:06	24.10	2:27:28	6:07	4	16:48	38	35:13
Schwindebeck	9.40	57:48	6:08	3	1:02	29	13:54	33.50	3:25:16	6:07	4	16:29	37	1:07:56
Bispingen	8.90	54:40	6:08	2	1:34	18	12:38	42.40	4:19:56	6:07	4	11:19	37	2:02:36
Overhaverbeck	10.80	1:08:32	6:20	2	3:19	14	14:52	53.20	5:28:28	6:10	2	14:38	22	1:14:06
Undeloh	6.90	47:25	6:52	2	6:53	14	12:49	60.10	6:15:53	6:15	3	36:44	23	1:18:54
Egestorf	9.20	1:11:11	7:44	2	14:04	18	21:35	69.30	7:27:04	6:27	2	35:35	16	1:34:55
Salzhausen	10.70	1:21:13	7:35	2	12:24	18	23:46	80.00	8:48:17	6:36	2	47:59	16	1:56:02
Südergellersen	10.90	1:28:11	8:05	3	9:23	17	24:00	90.90	10:16:28	6:46	2	57:22	16	2:20:02
Sülzwiesen	9.10	1:00:33	6:39	2	8:22	11	14:18	100.00	11:17:01	6:46	2	1:05:44	16	2:34:20