



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

#### Detailed evaluation

Frischmuth Matthias

Total time: 11:20:37

Number: 37

Speed: 8.82 km/h

Running performance: 06:48 min/km

Course: 100.00 km

Rank in course/Total: 19 (of 102)

Ultra-Marathon

Rank in course/Men: 17 (of 86)

Best time in course: 8:42:41

Category:

Rank in category: 3(of 11)

Senioren M55 (55-59 Jahre)

Best time in the category: 10:40:25

#### 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	56:25	5:28	1	-	14	8:28	10.30	56:25	5:28	1	-	14	8:28
Amelinghausen	13.80	1:21:12	5:53	1	-	25	17:00	24.10	2:17:37	5:42	1	-	22	25:22
Schwindebeck	9.40	56:51	6:02	3	2:37	23	12:57	33.50	3:14:28	5:48	1	-	24	57:08
Bispingen	8.90	1:04:00	7:11	4	10:41	41	21:58	42.40	4:18:28	6:05	5	37:13	32	2:01:08
Overhaverbeck	10.80	1:11:14	6:35	4	4:36	20	17:34	53.20	5:29:42	6:11	3	8:47	23	1:15:20
Undeloh	6.90	58:39	8:30	4	11:14	36	24:03	60.10	6:28:21	6:27	4	19:08	30	1:31:22
Egestorf	9.20	1:11:13	7:44	3	9:43	19	21:37	69.30	7:39:34	6:37	3	28:51	20	1:47:25
Salzhausen	10.70	1:17:19	7:13	3	4:07	13	19:52	80.00	8:56:53	6:42	3	32:58	18	2:04:38
Südergellersen	10.90	1:25:39	7:51	3	3:04	16	21:28	90.90	10:22:32	6:50	3	36:02	18	2:26:06
Sülzwiesen	9.10	58:05	6:22	2	4:10	9	11:50	100.00	11:20:37	6:48	3	40:12	17	2:37:56