



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

#### Detailed evaluation

#### Athletes No Meat

Club: No Meat Athletes  
Number: 328

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 11:27:38

Speed: 8.73 km/h  
Running performance: 06:52 min/km

Rank in course/Total: 28 (of 32)

Rank in course/Total: 28 (of 32)

Best time in course: 7:05:57

Rank in category: 28(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	1:13:02	7:05	31	34:53	31	34:53	10.30	1:13:02	7:05	31	34:53	31	34:53
Amelinghausen	13.80	1:14:32	5:24	16	23:28	16	23:28	24.10	2:27:34	6:07	25	1:22:14	25	1:22:14
Schwindebeck	9.40	54:10	5:45	13	17:30	13	17:30	33.50	3:21:44	6:01	22	1:15:51	22	1:15:51
Bispingen	8.90	1:05:12	7:19	26	25:44	26	25:44	42.40	4:26:56	6:17	24	1:36:47	24	1:36:47
Overhaverbeck	10.80	1:05:27	6:03	22	18:36	22	18:36	53.20	5:32:23	6:14	23	1:55:23	23	1:55:23
Undeloh	6.90	46:03	6:40	20	16:22	20	16:22	60.10	6:18:26	6:17	23	2:11:30	23	2:11:30
Egestorf	9.20	56:41	6:09	14	16:42	14	16:42	69.30	7:15:07	6:16	23	2:28:12	23	2:28:12
Salzhausen	10.70	1:15:29	7:03	28	35:48	28	35:48	80.00	8:30:36	6:22	23	3:04:00	23	3:04:00
Südergellersen	10.90	2:04:14	11:23	32	1:15:20	32	1:15:20	90.90	10:34:50	6:59	27	4:14:04	27	4:14:04
Sülzwiesen	9.10	52:48	5:48	17	12:50	17	12:50	100.00	11:27:38	6:52	28	4:21:41	28	4:21:41