



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

#### Detailed evaluation

#### Brunheim Torsten

Club: BSV Holborn  
Number: 159

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:41:05

Speed: 8.56 km/h  
Running performance: 07:01 min/km

Rank in course/Total: 23 (of 102)

Rank in course/Men: 21 (of 86)

Best time in course: 8:42:41

Rank in category: 6(of 15)

Best time in the category: 9:44:29

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	56:46	5:30	2	8:25	19	8:49	10.30	56:46	5:30	2	8:25	19	8:49
Amelinghausen	13.80	1:21:59	5:56	8	16:45	30	17:47	24.10	2:18:45	5:45	6	25:10	25	26:30
Schwindebeck	9.40	1:02:51	6:41	8	17:27	42	18:57	33.50	3:21:36	6:01	8	42:37	33	1:04:16
Bispingen	8.90	58:11	6:32	7	12:59	29	16:09	42.40	4:19:47	6:07	8	55:36	33	2:02:27
Overhaverbeck	10.80	1:17:05	7:08	6	16:47	26	23:25	53.20	5:36:52	6:19	6	1:12:23	28	1:22:30
Undeloh	6.90	49:48	7:13	6	6:53	19	15:12	60.10	6:26:40	6:26	5	1:15:22	28	1:29:41
Egestorf	9.20	1:17:46	8:27	6	13:46	24	28:10	69.30	7:44:26	6:42	5	1:27:44	23	1:52:17
Salzhausen	10.70	1:20:50	7:33	5	7:58	17	23:23	80.00	9:05:16	6:48	5	1:35:42	21	2:13:01
Südergellersen	10.90	1:31:44	8:24	6	11:08	21	27:33	90.90	10:37:00	7:00	6	1:44:26	21	2:40:34
Sülzwiesen	9.10	1:04:05	7:02	3	12:10	16	17:50	100.00	11:41:05	7:00	6	1:56:36	21	2:58:24