



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

#### Detailed evaluation

**Moch Nils**

Club: World's Best Family & Sparkasse Lüneburg  
Number: 82

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 11:54:55

Speed: 8.39 km/h  
Running performance: 07:09 min/km

Rank in course/Total: 25 (of 102)

Rank in course/Men: 23 (of 86)

Best time in course: 8:42:41

Rank in category: 5(of 11)

Best time in the category: 8:42:41

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	59:32	5:46	6	8:33	31	11:35	10.30	59:32	5:46	6	8:33	31	11:35
Amelinghausen	13.80	1:21:08	5:52	5	13:54	24	16:56	24.10	2:20:40	5:50	5	22:26	29	28:25
Schwindebeck	9.40	57:35	6:07	5	10:46	28	13:41	33.50	3:18:15	5:55	6	50:40	29	1:00:55
Bispingen	8.90	56:41	6:22	5	12:29	22	14:39	42.40	4:14:56	6:00	6	1:47:21	29	1:57:36
Overhaverbeck	10.80	1:10:56	6:34	4	17:16	18	17:16	53.20	5:25:52	6:07	4	57:56	19	1:11:30
Undeloh	6.90	48:52	7:04	4	14:16	16	14:16	60.10	6:14:44	6:14	5	1:12:11	22	1:17:45
Egestorf	9.20	1:14:56	8:08	6	25:20	22	25:20	69.30	7:29:40	6:29	4	1:37:31	17	1:37:31
Salzhausen	10.70	1:38:28	9:12	6	41:01	39	41:01	80.00	9:08:08	6:51	5	2:15:53	22	2:15:53
Südergellersen	10.90	1:36:26	8:50	5	32:15	30	32:15	90.90	10:44:34	7:05	5	2:48:08	23	2:48:08
Sülzwiesen	9.10	1:10:21	7:43	5	24:06	30	24:06	100.00	11:54:55	7:08	5	3:12:14	23	3:12:14