



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

#### Detailed evaluation

#### Buchwedel LG

Club: LG Buchwedel  
Number: 320

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 8:49:27

Speed: 11.33 km/h  
Running performance: 05:17 min/km

Rank in course/Total: 5 (of 32)

Rank in course/Total: 5 (of 32)

Best time in course: 7:05:57

Rank in category: 5(of 32)

Best time in the category: 7:05:57

#### 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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Südergellersen	10.30	53:17	5:10	10	15:08	10	15:08	10.30	53:17	5:10	10	15:08	10	15:08
Amelinghausen	13.80	1:06:47	4:50	8	15:43	8	15:43	24.10	2:00:04	4:58	8	54:44	8	54:44
Schwindebeck	9.40	50:24	5:21	9	13:44	9	13:44	33.50	2:50:28	5:05	8	44:35	8	44:35
Bispingen	8.90	47:48	5:22	6	8:20	6	8:20	42.40	3:38:16	5:08	8	48:07	8	48:07
Overhaverbeck	10.80	55:01	5:05	6	8:10	6	8:10	53.20	4:33:17	5:08	7	56:17	7	56:17
Undeloh	6.90	41:36	6:01	14	11:55	14	11:55	60.10	5:14:53	5:14	7	1:07:57	7	1:07:57
Egestorf	9.20	53:50	5:51	9	13:51	9	13:51	69.30	6:08:43	5:19	6	1:21:48	6	1:21:48
Salzhausen	10.70	59:17	5:32	9	19:36	9	19:36	80.00	7:08:00	5:20	7	1:41:24	7	1:41:24
Südergellersen	10.90	52:18	4:47	2	3:24	2	3:24	90.90	8:00:18	5:17	6	1:39:32	6	1:39:32
Sülzwiesen	9.10	49:09	5:24	9	9:11	9	9:11	100.00	8:49:27	5:17	5	1:43:30	5	1:43:30