



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Zhalko Igor

Total time: 12:07:42

Number: 149

Speed: 8.25 km/h

Running performance: 07:16 min/km

Course: 100.00 km

Rank in course/Total: 27 (of 102)

Ultra-Marathon

Rank in course/Men: 25 (of 86)

Best time in course: 8:42:41

Category:

Rank in category: 4(of 10)

Senioren M35 (35-39 Jahre)

Best time in the category: 9:56:21

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	53:42	5:12	4	5:39	10	5:45	10.30	53:42	5:12	4	5:39	10	5:45
Amelinghausen	13.80	1:21:23	5:53	7	17:11	26	17:11	24.10	2:15:05	5:36	5	22:50	14	22:50
Schwindebeck	9.40	52:37	5:35	4	8:43	11	8:43	33.50	3:07:42	5:36	5	50:22	13	50:22
Bispingen	8.90	59:35	6:41	7	17:33	32	17:33	42.40	4:07:17	5:49	7	1:49:57	21	1:49:57
Overhaverbeck	10.80	1:24:09	7:47	6	28:37	36	30:29	53.20	5:31:26	6:13	7	1:17:04	25	1:17:04
Undeloh	6.90	-	-	9		63		60.10	5:31:26	5:30	2	34:27	6	34:27
Egestorf	9.20	2:15:46	14:45	8	1:15:55	59	1:26:10	69.30	7:47:12	6:44	5	1:50:22	25	1:55:03
Salzhausen	10.70	1:38:33	9:12	6	25:50	40	41:06	80.00	9:25:45	7:04	5	2:10:03	26	2:33:30
Südergellersen	10.90	1:37:39	8:57	5	24:32	33	33:28	90.90	11:03:24	7:17	4	2:15:16	26	3:06:58
Sülzwiesen	9.10	1:04:18	7:03	2	7:02	18	18:03	100.00	12:07:42	7:16	4	2:11:21	25	3:25:01