



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

#### Detailed evaluation

#### 1 The Great

Club: Great Hearts  
Number: 343

Course: 100.00 km  
5-10er-Staffel

Category:  
5-10er Staffel

Total time: 12:11:12

Speed: 8.21 km/h  
Running performance: 07:19 min/km

Rank in course/Total: 32 (of 32)

Rank in course/Total: 32 (of 32)

Best time in course: 7:05:57

Rank in category: 32(of 32)

Best time in the category: 7:05:57

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.								
Südergellersen	10.30	1:04:42	6:16	24	26:33	24	26:33	10.30	1:04:42	6:16	24	26:33	24	26:33
Amelinghausen	13.80	1:25:32	6:11	25	34:28	25	34:28	24.10	2:30:14	6:14	27	1:24:54	27	1:24:54
Schwindebeck	9.40	1:03:53	6:47	25	27:13	25	27:13	33.50	3:34:07	6:23	28	1:28:14	28	1:28:14
Bispingen	8.90	1:13:57	8:18	31	34:29	31	34:29	42.40	4:48:04	6:47	27	1:57:55	27	1:57:55
Overhaverbeck	10.80	1:27:13	8:04	30	40:22	30	40:22	53.20	6:15:17	7:03	28	2:38:17	28	2:38:17
Undeloh	6.90	1:01:34	8:55	32	31:53	32	31:53	60.10	7:16:51	7:16	32	3:09:55	32	3:09:55
Egestorf	9.20	1:17:55	8:28	30	37:56	30	37:56	69.30	8:34:46	7:25	32	3:47:51	32	3:47:51
Salzhausen	10.70	1:17:11	7:12	30	37:30	30	37:30	80.00	9:51:57	7:23	31	4:25:21	31	4:25:21
Südergellersen	10.90	1:19:18	7:16	25	30:24	25	30:24	90.90	11:11:15	7:23	31	4:50:29	31	4:50:29
Sülzwiesen	9.10	59:57	6:35	26	19:59	26	19:59	100.00	12:11:12	7:18	32	5:05:15	32	5:05:15