



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

Detailed evaluation

Andrae Wolfram

Club: Hunsrück-Marathon e.V.
Number: 23

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 12:17:49

Speed: 8.13 km/h
Running performance: 07:22 min/km

Rank in course/Total: 29 (of 102)

Rank in course/Men: 27 (of 86)

Best time in course: 8:42:41

Rank in category: 3(of 20)

Best time in the category: 10:11:17

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	1:03:15	6:08	6	7:54	43	15:18	10.30	1:03:15	6:08	6	7:54	43	15:18	
Amelinghausen	13.80	1:27:50	6:21	7	13:33	46	23:38	24.10	2:31:05	6:16	7	20:25	46	38:50	
Schwindebeck	9.40	1:05:47	6:59	9	9:01	46	21:53	33.50	3:36:52	6:28	7	28:05	47	1:19:32	
Bispingen	8.90	1:04:44	7:16	6	11:38	42	22:42	42.40	4:41:36	6:38	9	32:59	50	2:24:16	
Overhaverbeck	10.80	1:21:02	7:30	6	15:49	32	27:22	53.20	6:02:38	6:48	7	48:48	40	1:48:16	
Undeloh	6.90	54:37	7:54	5	14:05	28	20:01	60.10	6:57:15	6:56	7	1:18:06	42	2:00:16	
Egestorf	9.20	1:12:53	7:55	3	15:46	20	23:17	69.30	8:10:08	7:04	3	1:18:39	30	2:17:59	
Salzhausen	10.70	1:25:25	7:58	3	16:36	22	27:58	80.00	9:35:33	7:11	3	1:35:15	29	2:43:18	
Südergellersen	10.90	1:31:56	8:26	4	13:08	23	27:45	90.90	11:07:29	7:20	3	1:48:23	27	3:11:03	
Sülzwiesen	9.10	1:10:20	7:43	4	18:09	29	24:05	100.00	12:17:49	7:22	3	2:06:32	27	3:35:08	