



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

#### Detailed evaluation

Becker Heiko

Number: 7

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 8:50:50

Speed: 11.30 km/h

Running performance: 05:19 min/km

Rank in course/Total: 2 (of 102)

Rank in course/Men: 2 (of 86)

Best time in course: 8:42:41

Rank in category: 2(of 11)

Best time in the category: 8:42:41

#### 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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	51:00	4:57	2	0:01	7	3:03	10.30	51:00	4:57	2	0:01	7	3:03
Amelinghausen	13.80	1:07:14	4:52	1	-	5	3:02	24.10	1:58:14	4:54	1	-	5	5:59
Schwindebeck	9.40	51:30	5:28	3	4:41	7	7:36	33.50	2:49:44	5:03	3	22:09	8	32:24
Bispingen	8.90	44:12	4:57	1	-	3	2:10	42.40	3:33:56	5:02	2	1:06:21	7	1:16:36
Overhaverbeck	10.80	54:00	5:00	2	0:20	2	0:20	53.20	4:27:56	5:02	1	-	4	13:34
Undeloh	6.90	34:37	5:01	2	0:01	2	0:01	60.10	5:02:33	5:02	1	-	3	5:34
Egestorf	9.20	49:36	5:23	1	-	1	-	69.30	5:52:09	5:04	1	-	1	-
Salzhausen	10.70	1:02:15	5:49	2	4:48	2	4:48	80.00	6:54:24	5:10	2	2:09	2	2:09
Südergellersen	10.90	1:05:22	5:59	2	1:11	2	1:11	90.90	7:59:46	5:16	2	3:20	2	3:20
Sülzwiesen	9.10	51:04	5:36	2	4:49	2	4:49	100.00	8:50:50	5:18	2	8:09	2	8:09