



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

Detailed evaluation

Wienstroer Marie-Charlotte

Club: Braunschweiger Laufclub
Number: 144

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 12:47:53

Speed: 7.81 km/h
Running performance: 07:41 min/km

Rank in course/Total: 32 (of 102)

Rank in course/Women: 4 (of 16)

Best time in course: 8:42:41

Rank in category: 1(of 1)

Best time in the category: 12:47:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Südergellersen	10.30	1:05:02	6:18	1	-	8	14:01	10.30	1:05:02	6:18	1	-	8	14:01
Amelinghausen	13.80	1:30:47	6:34	1	-	7	20:34	24.10	2:35:49	6:27	1	-	7	34:35
Schwindebeck	9.40	1:06:27	7:04	1	-	6	14:47	33.50	3:42:16	6:38	1	-	7	49:22
Bispingen	8.90	1:03:22	7:07	1	-	5	11:45	42.40	4:45:38	6:44	1	-	6	1:01:07
Overhaverbeck	10.80	1:22:33	7:38	1	-	4	16:31	53.20	6:08:11	6:55	1	-	6	1:11:44
Undeloh	6.90	53:43	7:47	1	-	4	12:33	60.10	7:01:54	7:01	1	-	5	1:19:28
Egestorf	9.20	1:35:54	10:25	1	-	12	35:29	69.30	8:37:48	7:28	1	-	5	1:54:57
Salzhausen	10.70	1:42:09	9:32	1	-	10	34:42	80.00	10:19:57	7:44	1	-	6	2:29:39
Südergellersen	10.90	1:27:39	8:02	1	-	3	11:09	90.90	11:47:36	7:47	1	-	4	2:40:48
Sülzwiesen	9.10	1:00:17	6:37	1	-	2	3:16	100.00	12:47:53	7:40	1	-	4	2:44:04