



### 3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

#### Detailed evaluation

**Daniels Thies**

Club: DUV

Number: 18

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 12:48:06

Speed: 7.81 km/h

Running performance: 07:41 min/km

Rank in course/Total: 33 (of 102)

Rank in course/Men: 29 (of 86)

Best time in course: 8:42:41

Rank in category: 1(of 7)

Best time in the category: 12:48:06

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	1:01:44	5:59	2	1:24	39	13:47	10.30	1:01:44	5:59	2	1:24	39	13:47
Amelinghausen	13.80	1:28:47	6:26	4	6:52	48	24:35	24.10	2:30:31	6:14	3	8:16	44	38:16
Schwindebeck	9.40	1:06:28	7:04	4	7:41	48	22:34	33.50	3:36:59	6:28	4	15:18	49	1:19:39
Bispingen	8.90	1:05:04	7:18	4	7:36	44	23:02	42.40	4:42:03	6:39	4	18:48	51	2:24:43
Overhaverbeck	10.80	1:28:08	8:09	2	16:57	44	34:28	53.20	6:10:11	6:57	4	31:01	45	1:55:49
Undeloh	6.90	50:41	7:20	2	0:13	22	16:05	60.10	7:00:52	7:00	3	1:02:51	43	2:03:53
Egestorf	9.20	1:20:26	8:44	1	-	29	30:50	69.30	8:21:18	7:14	1	-	33	2:29:09
Salzhausen	10.70	1:30:27	8:27	2	0:14	29	33:00	80.00	9:51:45	7:23	1	-	33	2:59:30
Südergellersen	10.90	1:37:32	8:56	1	-	32	33:21	90.90	11:29:17	7:34	1	-	29	3:32:51
Sülzwiesen	9.10	1:18:49	8:39	2	16:50	36	32:34	100.00	12:48:06	7:40	1	-	29	4:05:25