



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

Detailed evaluation

Fischer Markus

Total time: 12:51:44

Number: 35

Speed: 7.77 km/h

Running performance: 07:43 min/km

Course: 100.00 km

Rank in course/Total: 34 (of 102)

Ultra-Marathon

Rank in course/Men: 30 (of 86)

Best time in course: 8:42:41

Category:

Rank in category: 5(of 10)

Senioren M35 (35-39 Jahre)

Best time in the category: 9:56:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind		
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men	
Südergellersen	10.30	56:35	5:29	5	16	8:32	16	10.30	56:35	5:29	5	16	8:32	16	8:38
Amelinghausen	13.80	1:18:28	5:41	4	16	14:16	16	24.10	2:15:03	5:36	4	13	22:48	13	22:48
Schwindebeck	9.40	53:45	5:43	5	14	9:51	14	33.50	3:08:48	5:38	6	17	51:28	17	51:28
Bispingen	8.90	58:28	6:34	5	30	16:26	30	42.40	4:07:16	5:49	6	20	1:49:56	20	1:49:56
Overhaverbeck	10.80	1:19:21	7:20	5	29	23:49	29	53.20	5:26:37	6:08	6	21	1:12:15	21	1:12:15
Undeloh	6.90	55:00	7:58	4	29	12:23	29	60.10	6:21:37	6:20	7	26	1:24:38	26	1:24:38
Egestorf	9.20	1:20:45	8:46	3	31	20:54	31	69.30	7:42:22	6:40	4	22	1:45:32	22	1:50:13
Salzhausen	10.70	1:40:31	9:23	7	41	27:48	41	80.00	9:22:53	7:02	4	25	2:07:11	25	2:30:38
Südergellersen	10.90	1:51:07	10:11	6	51	38:00	51	90.90	11:14:00	7:24	5	28	2:25:52	28	3:17:34
Sülzwiesen	9.10	1:37:44	10:44	6	54	40:28	54	100.00	12:51:44	7:43	5	30	2:55:23	30	4:09:03