



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Janyga Jürgen

Club: SV Gladbeck 13

Number: 56

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 13:00:35

Speed: 7.69 km/h

Running performance: 07:48 min/km

Rank in course/Total: 35 (of 102)

Rank in course/Men: 31 (of 86)

Best time in course: 8:42:41

Rank in category: 4(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	1:03:39	6:10	7	8:18	45	15:42	10.30	1:03:39	6:10	7	8:18	45	15:42	
Amelinghausen	13.80	1:29:10	6:27	8	14:53	49	24:58	24.10	2:32:49	6:20	8	22:09	50	40:34	
Schwindebeck	9.40	1:04:03	6:48	7	7:17	43	20:09	33.50	3:36:52	6:28	7	28:05	47	1:19:32	
Bispingen	8.90	1:03:29	7:07	5	10:23	40	21:27	42.40	4:40:21	6:36	8	31:44	49	2:23:01	
Overhaverbeck	10.80	1:17:17	7:09	3	12:04	27	23:37	53.20	5:57:38	6:43	6	43:48	38	1:43:16	
Undeloh	6.90	53:29	7:45	4	12:57	26	18:53	60.10	6:51:07	6:50	6	1:11:58	41	1:54:08	
Egestorf	9.20	1:19:04	8:35	4	21:57	26	29:28	69.30	8:10:11	7:04	4	1:18:42	31	2:18:02	
Salzhausen	10.70	1:32:39	8:39	6	23:50	33	35:12	80.00	9:42:50	7:17	4	1:42:32	30	2:50:35	
Südergellersen	10.90	1:50:59	10:10	9	32:11	50	46:48	90.90	11:33:49	7:37	4	2:14:43	30	3:37:23	
Sülzwiesen	9.10	1:26:46	9:32	10	34:35	45	40:31	100.00	13:00:35	7:48	4	2:49:18	31	4:17:54	