



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 | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|----------------|-------|---------|-------|--------|--------|------|-------|--------|----------|------|--------|---------|--------|---------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| 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 |