



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

#### Detailed evaluation

Daß Irina

Total time: 13:18:37

Number: 21

Speed: 7.51 km/h

Running performance: 07:59 min/km

Course: 100.00 km

Rank in course/Total: 40 (of 102)

Ultra-Marathon

Rank in course/Women: 5 (of 16)

Best time in course: 8:42:41

Category:

Rank in category: 1(of 2)

Frauen (20-29 Jahre)

Best time in the category: 13:18:37

#### 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	1:03:03	6:07	1	-	7	12:02	10.30	1:03:03	6:07	1	-	7	12:02
Amelinghausen	13.80	1:33:22	6:45	1	-	8	23:09	24.10	2:36:25	6:29	1	-	8	35:11
Schwindebeck	9.40	1:09:14	7:21	1	-	9	17:34	33.50	3:45:39	6:44	1	-	8	52:45
Bispingen	8.90	1:10:58	7:58	1	-	8	19:21	42.40	4:56:37	6:59	1	-	8	1:12:06
Overhaverbeck	10.80	1:27:04	8:03	2	0:34	9	21:02	53.20	6:23:41	7:12	1	-	8	1:27:14
Undeloh	6.90	54:53	7:57	1	-	6	13:43	60.10	7:18:34	7:17	1	-	7	1:36:08
Egestorf	9.20	1:25:48	9:19	1	-	5	25:23	69.30	8:44:22	7:33	1	-	8	2:01:31
Salzhausen	10.70	1:33:12	8:42	2	1:36	6	25:45	80.00	10:17:34	7:43	1	-	5	2:27:16
Südergellersen	10.90	1:47:00	9:48	2	2:19	10	30:30	90.90	12:04:34	7:58	1	-	6	2:57:46
Sülzwiesen	9.10	1:14:03	8:08	1	-	4	17:02	100.00	13:18:37	7:59	1	-	5	3:14:48