



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

Detailed evaluation

1 Stade Night Runners Team

Club: Stade Night Runners
Number: 214

Course: 100.00 km
2-er-Staffel

Category:
2er Staffel

Total time: 9:18:35

Speed: 10.74 km/h
Running performance: 05:35 min/km

Rank in course/Total: 1 (of 11)

Rank in course/Total: 1 (of 11)

Best time in course: 9:18:35

Rank in category: 1(of 11)

Best time in the category: 9:18:35

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|----------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|----------|---------------|--------------|----------|-------------|-----------|--------------|
| | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Total | Behind Total | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Total | Behind Total |
| Südergellersen | 10.30 | 55:04 | 5:20 | 2 | 4:41 | 2 | 4:41 | 10.30 | 55:04 | 5:20 | 2 | 4:41 | 2 | 4:41 |
| Amelinghausen | 13.80 | 1:13:14 | 5:18 | 2 | 6:21 | 2 | 6:21 | 24.10 | 2:08:18 | 5:19 | 2 | 11:02 | 2 | 11:02 |
| Schwindebeck | 9.40 | 50:13 | 5:20 | 2 | 3:21 | 2 | 3:21 | 33.50 | 2:58:31 | 5:19 | 2 | 14:23 | 2 | 14:23 |
| Bispingen | 8.90 | 48:43 | 5:28 | 2 | 2:44 | 2 | 2:44 | 42.40 | 3:47:14 | 5:21 | 2 | 17:07 | 2 | 17:07 |
| Overhaverbeck | 10.80 | 1:02:31 | 5:47 | 1 | - | 1 | - | 53.20 | 4:49:45 | 5:26 | 2 | 10:05 | 2 | 10:05 |
| Undeloh | 6.90 | 37:49 | 5:28 | 3 | 7:42 | 3 | 7:42 | 60.10 | 5:27:34 | 5:27 | 2 | 12:54 | 2 | 12:54 |
| Egestorf | 9.20 | 50:54 | 5:31 | 3 | 7:38 | 3 | 7:38 | 69.30 | 6:18:28 | 5:27 | 2 | 13:51 | 2 | 13:51 |
| Salzhausen | 10.70 | 58:54 | 5:30 | 2 | 7:39 | 2 | 7:39 | 80.00 | 7:17:22 | 5:28 | 2 | 10:40 | 2 | 10:40 |
| Südergellersen | 10.90 | 1:04:51 | 5:56 | 2 | 5:22 | 2 | 5:22 | 90.90 | 8:22:13 | 5:31 | 1 | - | 1 | - |
| Sülzwiesen | 9.10 | 56:22 | 6:11 | 2 | 7:26 | 2 | 7:26 | 100.00 | 9:18:35 | 5:35 | 1 | - | 1 | - |