



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

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Total			Total	km	
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	-