



### 3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

#### Detailed evaluation

**Lürßen Susi**

Club: DUV

Number: 78

Course: 100.00 km

Ultra-Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 13:41:34

Speed: 7.30 km/h

Running performance: 08:13 min/km

Rank in course/Total: 48 (of 102)

Rank in course/Women: 7 (of 16)

Best time in course: 8:42:41

Rank in category: 2(of 3)

Best time in the category: 10:59:01

#### 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	59:28	5:46	2	1:49	5	8:27	10.30	59:28	5:46	2	1:49	5	8:27
Amelinghausen	13.80	1:26:00	6:13	2	4:09	6	15:47	24.10	2:25:28	6:02	2	5:58	6	24:14
Schwindebeck	9.40	1:15:46	8:03	2	19:41	12	24:06	33.50	3:41:14	6:36	2	25:39	6	48:20
Bispingen	8.90	1:11:00	7:58	2	19:14	9	19:23	42.40	4:52:14	6:53	2	44:53	7	1:07:43
Overhaverbeck	10.80	1:28:50	8:13	2	22:48	10	22:48	53.20	6:21:04	7:09	2	1:07:41	7	1:24:37
Undeloh	6.90	1:00:15	8:43	2	19:05	7	19:05	60.10	7:21:19	7:20	2	1:26:46	8	1:38:53
Egestorf	9.20	1:37:38	10:36	3	33:59	13	37:13	69.30	8:58:57	7:46	2	2:00:45	9	2:16:06
Salzhausen	10.70	1:45:52	9:53	3	11:51	12	38:25	80.00	10:44:49	8:03	2	2:12:36	7	2:54:31
Südergellersen	10.90	1:38:39	9:03	3	14:38	5	22:09	90.90	12:23:28	8:10	2	2:27:14	7	3:16:40
Sülzwiesen	9.10	1:18:06	8:34	2	15:19	8	21:05	100.00	13:41:34	8:12	2	2:42:33	7	3:37:45