



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

Detailed evaluation

Goumairi Khalid

Club: Sportspaß
Number: 42

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 13:45:44

Speed: 7.27 km/h
Running performance: 08:15 min/km

Rank in course/Total: 49 (of 102)

Rank in course/Men: 42 (of 86)

Best time in course: 8:42:41

Rank in category: 5(of 11)

Best time in the category: 10:40:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Südergellersen	10.30	59:36	5:47	2	32	3:11	11:39	10.30	59:36	5:47	2	32	3:11	11:39
Amelinghausen	13.80	1:25:23	6:11	4	37	4:11	21:11	24.10	2:24:59	6:00	3	36	7:22	32:44
Schwindebeck	9.40	1:09:45	7:25	6	56	15:31	25:51	33.50	3:34:44	6:24	5	46	20:16	1:17:24
Bispingen	8.90	1:11:07	7:59	5	56	17:48	29:05	42.40	4:45:51	6:44	7	53	1:04:36	2:28:31
Overhaverbeck	10.80	1:35:15	8:49	5	54	28:37	41:35	53.20	6:21:06	7:09	5	47	1:00:11	2:06:44
Undeloh	6.90	1:00:15	8:43	5	39	12:50	25:39	60.10	7:21:21	7:20	5	50	1:12:08	2:24:22
Egestorf	9.20	1:37:36	10:36	8	50	36:06	48:00	69.30	8:58:57	7:46	5	41	1:48:14	3:06:48
Salzhausen	10.70	1:46:22	9:56	8	53	33:10	48:55	80.00	10:45:19	8:03	5	42	2:21:24	3:53:04
Südergellersen	10.90	1:39:32	9:07	5	36	16:57	35:21	90.90	12:24:51	8:11	5	42	2:38:21	4:28:25
Sülzwiesen	9.10	1:20:53	8:53	5	39	26:58	34:38	100.00	13:45:44	8:15	5	42	3:05:19	5:03:03