



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

Detailed evaluation

Woelfle Tobias

Number: 146

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 13:49:51

Speed: 7.23 km/h

Running performance: 08:18 min/km

Rank in course/Total: 50 (of 102)

Rank in course/Men: 43 (of 86)

Best time in course: 8:42:41

Rank in category: 4(of 8)

Best time in the category: 9:42:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Südergellersen	10.30	1:10:01	6:47	7	66	22:04	22:04	10.30	1:10:01	6:47	7	66	22:04	22:04
Amelinghausen	13.80	1:38:36	7:08	7	69	34:18	34:24	24.10	2:48:37	6:59	7	67	56:22	56:22
Schwindebeck	9.40	1:11:35	7:36	6	61	27:02	27:41	33.50	4:00:12	7:10	7	67	1:23:24	1:42:52
Bispingen	8.90	1:12:19	8:07	6	58	28:21	30:17	42.40	5:12:31	7:22	6	65	1:51:45	2:55:11
Overhaverbeck	10.80	1:26:04	7:58	4	41	27:32	32:24	53.20	6:38:35	7:29	5	50	2:19:17	2:24:13
Undeloh	6.90	-	-	6	63			60.10	6:38:35	6:37	4	35	1:38:56	1:41:36
Egestorf	9.20	2:39:46	17:21	4	60	1:42:24	1:50:10	69.30	9:18:21	8:03	4	44	3:16:10	3:26:12
Salzhausen	10.70	1:34:12	8:48	3	36	28:53	36:45	80.00	10:52:33	8:09	4	45	3:36:18	4:00:18
Südergellersen	10.90	1:37:06	8:54	3	31	30:30	32:55	90.90	12:29:39	8:14	4	44	3:42:02	4:33:13
Sülzwiesen	9.10	1:20:12	8:48	3	38	28:17	33:57	100.00	13:49:51	8:17	4	43	4:07:09	5:07:10