



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

#### Detailed evaluation

Delventhal York

Number: 24

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 13:58:16

Speed: 7.16 km/h  
Running performance: 08:23 min/km

Rank in course/Total: 51 (of 102)

Rank in course/Men: 44 (of 86)

Best time in course: 8:42:41

Rank in category: 6(of 11)

Best time in the category: 8:42:41

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	1:06:45	6:28	9	15:46	57	18:48	10.30	1:06:45	6:28	9	15:46	57	18:48
Amelinghausen	13.80	1:30:35	6:33	8	23:21	53	26:23	24.10	2:37:20	6:31	9	39:06	55	45:05
Schwindebeck	9.40	1:07:27	7:10	8	20:38	51	23:33	33.50	3:44:47	6:42	9	1:17:12	54	1:27:27
Bispingen	8.90	1:05:28	7:21	7	21:16	46	23:26	42.40	4:50:15	6:50	8	2:22:40	56	2:32:55
Overhaverbeck	10.80	1:28:01	8:08	7	34:21	43	34:21	53.20	6:18:16	7:06	7	1:50:20	46	2:03:54
Undeloh	6.90	1:01:10	8:51	6	26:34	40	26:34	60.10	7:19:26	7:18	7	2:16:53	48	2:22:27
Egestorf	9.20	1:37:19	10:34	8	47:43	49	47:43	69.30	8:56:45	7:44	6	3:04:36	40	3:04:36
Salzhausen	10.70	1:42:12	9:33	7	44:45	44	44:45	80.00	10:38:57	7:59	6	3:46:42	41	3:46:42
Südergellersen	10.90	1:42:08	9:22	6	37:57	37	37:57	90.90	12:21:05	8:09	6	4:24:39	41	4:24:39
Sülzwiesen	9.10	1:37:11	10:40	7	50:56	52	50:56	100.00	13:58:16	8:22	6	5:15:35	44	5:15:35