



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Drissen Martje

Total time: 14:14:21

Number: 28

Speed: 7.02 km/h

Running performance: 08:32 min/km

Course: 100.00 km

Rank in course/Total: 54 (of 102)

Ultra-Marathon

Rank in course/Women: 8 (of 16)

Best time in course: 8:42:41

Category:

Rank in category: 2(of 2)

Frauen (20-29 Jahre)

Best time in the category: 13:18:37

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	1:13:00	7:05	2	9:57	13	21:59	10.30	1:13:00	7:05	2	9:57	13	21:59
Amelinghausen	13.80	1:41:52	7:22	2	8:30	12	31:39	24.10	2:54:52	7:15	2	18:27	12	53:38
Schwindebeck	9.40	1:13:17	7:47	2	4:03	10	21:37	33.50	4:08:09	7:24	2	22:30	11	1:15:15
Bispingen	8.90	1:21:43	9:10	2	10:45	13	30:06	42.40	5:29:52	7:46	2	33:15	11	1:45:21
Overhaverbeck	10.80	1:26:30	8:00	1	-	7	20:28	53.20	6:56:22	7:49	2	32:41	11	1:59:55
Undeloh	6.90	1:10:56	10:16	2	16:03	14	29:46	60.10	8:07:18	8:06	2	48:44	13	2:24:52
Egestorf	9.20	1:33:36	10:10	2	7:48	10	33:11	69.30	9:40:54	8:22	2	56:32	11	2:58:03
Salzhausen	10.70	1:31:36	8:33	1	-	4	24:09	80.00	11:12:30	8:24	2	54:56	9	3:22:12
Südergellersen	10.90	1:44:41	9:36	1	-	8	28:11	90.90	12:57:11	8:32	2	52:37	9	3:50:23
Sülzwiesen	9.10	1:17:10	8:28	2	3:07	6	20:09	100.00	14:14:21	8:32	2	55:44	8	4:10:32