



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Detailed evaluation

Drissen Kathrin

Club: Zippel's Läuferwelt Lübeck
Number: 27

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 14:14:21

Speed: 7.02 km/h
Running performance: 08:32 min/km

Rank in course/Total: 55 (of 102)

Rank in course/Women: 8 (of 16)

Best time in course: 8:42:41

Rank in category: 1(of 2)

Best time in the category: 14:14:21

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Südergellersen	10.30	1:13:00	7:05	2	0:15	13	21:59	10.30	1:13:00	7:05	2	0:15	13	21:59
Amelinghausen	13.80	1:41:52	7:22	1	-	12	31:39	24.10	2:54:52	7:15	1	-	12	53:38
Schwindebeck	9.40	1:13:17	7:47	1	-	10	21:37	33.50	4:08:09	7:24	1	-	11	1:15:15
Bispingen	8.90	1:21:43	9:10	2	0:41	13	30:06	42.40	5:29:52	7:46	1	-	11	1:45:21
Overhaverbeck	10.80	1:26:30	8:00	1	-	7	20:28	53.20	6:56:22	7:49	1	-	11	1:59:55
Undeloh	6.90	1:10:55	10:16	2	5:14	13	29:45	60.10	8:07:17	8:06	1	-	12	2:24:51
Egestorf	9.20	1:33:37	10:10	2	4:42	11	33:12	69.30	9:40:54	8:22	1	-	11	2:58:03
Salzhausen	10.70	1:31:36	8:33	1	-	4	24:09	80.00	11:12:30	8:24	1	-	9	3:22:12
Südergellersen	10.90	1:44:41	9:36	1	-	8	28:11	90.90	12:57:11	8:32	1	-	9	3:50:23
Sülzwiesen	9.10	1:17:10	8:28	1	-	6	20:09	100.00	14:14:21	8:32	1	-	8	4:10:32