



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

#### Detailed evaluation

**Schell Stefan**

Club: SG Stern Bremen  
Number: 106

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 14:21:37

Speed: 6.96 km/h  
Running performance: 08:37 min/km

Rank in course/Total: 56 (of 102)

Rank in course/Men: 47 (of 86)

Best time in course: 8:42:41

Rank in category: 11(of 15)

Best time in the category: 9:44:29

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	1:11:38	6:57	13	23:17	72	23:41	10.30	1:11:38	6:57	13	23:17	72	23:41
Amelinghausen	13.80	1:32:18	6:41	12	27:04	55	28:06	24.10	2:43:56	6:48	13	50:21	63	51:41
Schwindebeck	9.40	1:07:57	7:13	11	22:33	52	24:03	33.50	3:51:53	6:55	13	1:12:54	58	1:34:33
Bispingen	8.90	1:13:21	8:14	12	28:09	60	31:19	42.40	5:05:14	7:11	12	1:41:03	62	2:47:54
Overhaverbeck	10.80	1:34:00	8:42	12	33:42	52	40:20	53.20	6:39:14	7:30	11	2:14:45	52	2:24:52
Undeloh	6.90	1:05:46	9:31	12	22:51	49	31:10	60.10	7:45:00	7:44	11	2:33:42	53	2:48:01
Egestorf	9.20	1:29:52	9:46	11	25:52	38	40:16	69.30	9:14:52	8:00	11	2:58:10	43	3:22:43
Salzhausen	10.70	1:44:33	9:46	13	31:41	50	47:06	80.00	10:59:25	8:14	11	3:29:51	46	4:07:10
Südergellersen	10.90	1:50:00	10:05	10	29:24	47	45:49	90.90	12:49:25	8:27	11	3:56:51	46	4:52:59
Sülzwiesen	9.10	1:32:12	10:07	12	40:17	49	45:57	100.00	14:21:37	8:36	11	4:37:08	47	5:38:56