



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

Exploitation détaillée

löpptt In Oldendörp

Dossard: 313

Circuit: 100.00 km

5-10er-Staffel

Catégorie:

5-10er Staffel

Temps total: 10:44:32

Vitesse: 9.31 km/h

Kilométrage: 06:26 min/km

Place par parcours/Total: 23 (de 32)

Place par parcours/Total: 23 (de 32)

Meilleur temps dans le parcours: 7:05:57

Place par catégorie: 23(de 32)

Meilleur temps dans la catégorie: 7:05:57

Temps intermédiaires

Résultats d'étape

Résultat total

| Poste | Etape | | Etape | | Etape | | Place | | Retard | | Place | | Retard | | Total | | Total | | Total | | Place | | Retard | | Place | | Retard | | |
|----------------|-------|---------|--------|-------|-------|-------|-------|--------|----------|------|-------|---------|--------|---------|--------|----------|-------|-------|---------|-------|---------|-------|---------|----|---------|--------|---------|-------|---------|
| | km | Temps | min/km | catg. | catg. | Total | Total | Total | Total | km | Temps | min/km | catg. | catg. | Total | Total | km | Temps | min/km | catg. | catg. | Total | Total | km | Temps | min/km | catg. | catg. | Total |
| Südergellersen | 10.30 | 58:52 | 5:42 | 20 | 20:43 | 20 | 20:43 | 10.30 | 58:52 | 5:42 | 20 | 20:43 | 20 | 20:43 | 10.30 | 58:52 | 5:42 | 20 | 20:43 | 20 | 20:43 | 20 | 20:43 | 20 | 20:43 | 20 | 20:43 | 20 | 20:43 |
| Amelinghausen | 13.80 | 1:29:19 | 6:28 | 28 | 38:15 | 28 | 38:15 | 24.10 | 2:28:11 | 6:08 | 26 | 1:22:51 | 26 | 1:22:51 | 24.10 | 2:28:11 | 6:08 | 26 | 1:22:51 | 26 | 1:22:51 | 26 | 1:22:51 | 26 | 1:22:51 | 26 | 1:22:51 | 26 | 1:22:51 |
| Schwindebeck | 9.40 | 58:50 | 6:15 | 23 | 22:10 | 23 | 22:10 | 33.50 | 3:27:01 | 6:10 | 24 | 1:21:08 | 24 | 1:21:08 | 33.50 | 3:27:01 | 6:10 | 24 | 1:21:08 | 24 | 1:21:08 | 24 | 1:21:08 | 24 | 1:21:08 | 24 | 1:21:08 | 24 | 1:21:08 |
| Bispingen | 8.90 | 54:21 | 6:06 | 15 | 14:53 | 15 | 14:53 | 42.40 | 4:21:22 | 6:09 | 23 | 1:31:13 | 23 | 1:31:13 | 42.40 | 4:21:22 | 6:09 | 23 | 1:31:13 | 23 | 1:31:13 | 23 | 1:31:13 | 23 | 1:31:13 | 23 | 1:31:13 | 23 | 1:31:13 |
| Overhaverbeck | 10.80 | 1:02:09 | 5:45 | 15 | 15:18 | 15 | 15:18 | 53.20 | 5:23:31 | 6:04 | 21 | 1:46:31 | 21 | 1:46:31 | 53.20 | 5:23:31 | 6:04 | 21 | 1:46:31 | 21 | 1:46:31 | 21 | 1:46:31 | 21 | 1:46:31 | 21 | 1:46:31 | 21 | 1:46:31 |
| Undeloh | 6.90 | 42:37 | 6:10 | 16 | 12:56 | 16 | 12:56 | 60.10 | 6:06:08 | 6:05 | 21 | 1:59:12 | 21 | 1:59:12 | 60.10 | 6:06:08 | 6:05 | 21 | 1:59:12 | 21 | 1:59:12 | 21 | 1:59:12 | 21 | 1:59:12 | 21 | 1:59:12 | 21 | 1:59:12 |
| Egestorf | 9.20 | 1:01:54 | 6:43 | 21 | 21:55 | 21 | 21:55 | 69.30 | 7:08:02 | 6:10 | 22 | 2:21:07 | 22 | 2:21:07 | 69.30 | 7:08:02 | 6:10 | 22 | 2:21:07 | 22 | 2:21:07 | 22 | 2:21:07 | 22 | 2:21:07 | 22 | 2:21:07 | 22 | 2:21:07 |
| Salzhausen | 10.70 | 1:26:15 | 8:03 | 32 | 46:34 | 32 | 46:34 | 80.00 | 8:34:17 | 6:25 | 26 | 3:07:41 | 26 | 3:07:41 | 80.00 | 8:34:17 | 6:25 | 26 | 3:07:41 | 26 | 3:07:41 | 26 | 3:07:41 | 26 | 3:07:41 | 26 | 3:07:41 | 26 | 3:07:41 |
| Südergellersen | 10.90 | 1:12:25 | 6:38 | 19 | 23:31 | 19 | 23:31 | 90.90 | 9:46:42 | 6:27 | 24 | 3:25:56 | 24 | 3:25:56 | 90.90 | 9:46:42 | 6:27 | 24 | 3:25:56 | 24 | 3:25:56 | 24 | 3:25:56 | 24 | 3:25:56 | 24 | 3:25:56 | 24 | 3:25:56 |
| Sülzwiesen | 9.10 | 57:50 | 6:21 | 23 | 17:52 | 23 | 17:52 | 100.00 | 10:44:32 | 6:26 | 23 | 3:38:35 | 23 | 3:38:35 | 100.00 | 10:44:32 | 6:26 | 23 | 3:38:35 | 23 | 3:38:35 | 23 | 3:38:35 | 23 | 3:38:35 | 23 | 3:38:35 | 23 | 3:38:35 |