



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

### Lüneburger SV by AIC Group

Club: Lüneburger SV

Number: 319

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 7:25:02

Speed: 13.48 km/h

Running performance: 4:27 min/km

Rank in course: 1 (of 28)

Best time in course: 7:25:02

Rank in category: 1(of 28)

Best time in the category: 7:25:02

| Control        | Intermediate times |            |              |          |             |           | Stage score  |          |            |              | Total ranking |             |           |              |
|----------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|----------|------------|--------------|---------------|-------------|-----------|--------------|
|                | Split km           | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Total | Behind Total | Total km | Total Time | Total min/km | Pos Cat.      | Behind Cat. | Pos Total | Behind Total |
| Südergellersen | 10.30              | 40:29      | 3:55         | 1        | -           | 1         | -            | 10.30    | 40:29      | 3:55         | 1             | -           | 1         | -            |
| Amelinghausen  | 13.80              | 55:40      | 4:02         | 2        | 3:26        | 2         | 3:26         | 24.10    | 1:36:09    | 3:59         | 1             | -           | 1         | -            |
| Schwindebeck   | 9.40               | 49:35      | 5:16         | 8        | 8:05        | 8         | 8:05         | 33.50    | 2:25:44    | 4:21         | 2             | 0:25        | 2         | 0:25         |
| Bispingen      | 8.90               | 37:04      | 4:09         | 2        | 3:38        | 2         | 3:38         | 42.40    | 3:02:48    | 4:18         | 2             | 4:03        | 2         | 4:03         |
| Overhaverbeck  | 10.80              | 54:48      | 5:04         | 10       | 11:12       | 10        | 11:12        | 53.20    | 3:57:36    | 4:27         | 2             | 15:15       | 2         | 15:15        |
| Undeloh        | 6.90               | 32:59      | 4:46         | 2        | 2:14        | 2         | 2:14         | 60.10    | 4:30:35    | 4:30         | 2             | 14:49       | 2         | 14:49        |
| Egestorf       | 9.20               | 44:52      | 4:52         | 4        | 3:47        | 4         | 3:47         | 69.30    | 5:15:27    | 4:33         | 2             | 16:51       | 2         | 16:51        |
| Salzhausen     | 10.70              | 44:18      | 4:08         | 1        | -           | 1         | -            | 80.00    | 5:59:45    | 4:29         | 2             | 12:16       | 2         | 12:16        |
| Südergellersen | 10.90              | 40:59      | 3:45         | 1        | -           | 1         | -            | 90.90    | 6:40:44    | 4:24         | 1             | -           | 1         | -            |
| Sülzwiesen     | 9.10               | 44:18      | 4:52         | 4        | 9:34        | 4         | 9:34         | 100.00   | 7:25:02    | 4:27         | 1             | -           | 1         | -            |