



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

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Total			Total	km	
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	-