



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

**EnsektUS**

Club: Enactus e.V. Lüneburg

Number: 306

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 9:21:31

Speed: 10.69 km/h

Running performance: 5:36 min/km

Rank in course: 11 (of 28)

Best time in course: 7:25:02

Rank in category: 11(of 28)

Best time in the category: 7:25:02

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.								
Südergellersen	10.30	52:00	5:02	8	11:31	8	11:31	10.30	52:00	5:02	8	11:31	8	11:31
Amelinghausen	13.80	1:04:18	4:39	5	12:04	5	12:04	24.10	1:56:18	4:49	5	20:09	5	20:09
Schwindebeck	9.40	58:47	6:15	18	17:17	18	17:17	33.50	2:55:05	5:13	8	29:46	8	29:46
Bispingen	8.90	53:21	5:59	14	19:55	14	19:55	42.40	3:48:26	5:23	10	49:41	10	49:41
Overhaverbeck	10.80	50:09	4:38	4	6:33	4	6:33	53.20	4:38:35	5:14	7	56:14	7	56:14
Undeloh	6.90	35:15	5:06	5	4:30	5	4:30	60.10	5:13:50	5:13	8	58:04	8	58:04
Egestorf	9.20	57:50	6:17	18	16:45	18	16:45	69.30	6:11:40	5:21	8	1:13:04	8	1:13:04
Salzhausen	10.70	1:10:54	6:37	23	26:36	23	26:36	80.00	7:22:34	5:31	11	1:35:05	11	1:35:05
Südergellersen	10.90	1:07:51	6:13	17	26:52	17	26:52	90.90	8:30:25	5:36	11	1:49:41	11	1:49:41
Sülzwiesen	9.10	51:06	5:36	13	16:22	13	16:22	100.00	9:21:31	5:36	11	1:56:29	11	1:56:29