



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

MTV Amelinghausen LT

Club: MTV Amelinghausen

Number: 322

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 10:12:01

Speed: 9.80 km/h

Running performance: 6:07 min/km

Rank in course: 18 (of 28)

Best time in course: 7:25:02

Rank in category: 18(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. | | | | | | | | | Cat. |
| Südergellersen | 10.30 | 42:24 | 4:06 | 2 | 1:55 | 2 | 1:55 | | 10.30 | 42:24 | 4:06 | 2 | 1:55 | 2 | 1:55 |
| Amelinghausen | 13.80 | 1:17:50 | 5:38 | 18 | 25:36 | 18 | 25:36 | | 24.10 | 2:00:14 | 4:59 | 7 | 24:05 | 7 | 24:05 |
| Schwindebeck | 9.40 | 1:07:00 | 7:07 | 25 | 25:30 | 25 | 25:30 | | 33.50 | 3:07:14 | 5:35 | 12 | 41:55 | 12 | 41:55 |
| Bispingen | 8.90 | 40:28 | 4:32 | 4 | 7:02 | 4 | 7:02 | | 42.40 | 3:47:42 | 5:22 | 9 | 48:57 | 9 | 48:57 |
| Overhaverbeck | 10.80 | 1:12:44 | 6:44 | 24 | 29:08 | 24 | 29:08 | | 53.20 | 5:00:26 | 5:38 | 13 | 1:18:05 | 13 | 1:18:05 |
| Undeloh | 6.90 | 59:17 | 8:35 | 28 | 28:32 | 28 | 28:32 | | 60.10 | 5:59:43 | 5:59 | 17 | 1:43:57 | 17 | 1:43:57 |
| Egestorf | 9.20 | 58:36 | 6:22 | 19 | 17:31 | 19 | 17:31 | | 69.30 | 6:58:19 | 6:02 | 18 | 1:59:43 | 18 | 1:59:43 |
| Salzhausen | 10.70 | 1:14:32 | 6:57 | 26 | 30:14 | 26 | 30:14 | | 80.00 | 8:12:51 | 6:09 | 18 | 2:25:22 | 18 | 2:25:22 |
| Südergellersen | 10.90 | 1:10:40 | 6:28 | 22 | 29:41 | 22 | 29:41 | | 90.90 | 9:23:31 | 6:11 | 21 | 2:42:47 | 21 | 2:42:47 |
| Sülzwiesen | 9.10 | 48:30 | 5:19 | 10 | 13:46 | 10 | 13:46 | | 100.00 | 10:12:01 | 6:07 | 18 | 2:46:59 | 18 | 2:46:59 |