



# 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