



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

Lüneburger SV by MyDoor GmbH

Club: Lüneburger SV

Number: 320

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 7:33:00

Speed: 13.25 km/h

Running performance: 4:31 min/km

Rank in course: 2 (of 28)

Best time in course: 7:25:02

Rank in category: 2(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	51:35	5:00	6	11:06	6	11:06	10.30	51:35	5:00	6	11:06	6	11:06
Amelinghausen	13.80	52:14	3:47	1	-	1	-	24.10	1:43:49	4:18	2	7:40	2	7:40
Schwindebeck	9.40	41:30	4:24	1	-	1	-	33.50	2:25:19	4:20	1	-	1	-
Bispingen	8.90	33:26	3:45	1	-	1	-	42.40	2:58:45	4:12	1	-	1	-
Overhaverbeck	10.80	43:36	4:02	1	-	1	-	53.20	3:42:21	4:10	1	-	1	-
Undeloh	6.90	33:25	4:50	3	2:40	3	2:40	60.10	4:15:46	4:15	1	-	1	-
Egestorf	9.20	42:50	4:39	3	1:45	3	1:45	69.30	4:58:36	4:18	1	-	1	-
Salzhausen	10.70	48:53	4:34	6	4:35	6	4:35	80.00	5:47:29	4:20	1	-	1	-
Südergellersen	10.90	59:24	5:26	8	18:25	8	18:25	90.90	6:46:53	4:28	2	6:09	2	6:09
Sülzwiesen	9.10	46:07	5:04	6	11:23	6	11:23	100.00	7:33:00	4:31	2	7:58	2	7:58