



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

### Stader Nightrunners

Club: Stader Nightrunners

Number: 327

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 10:16:58

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course: 20 (of 28)

Best time in course: 7:25:02

Rank in category: 20(of 28)

Best time in the category: 7:25:02

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Südergellersen	10.30	1:10:17	6:49	27	29:48	27	29:48	10.30	1:10:17	6:49	27	29:48	27	29:48
Amelinghausen	13.80	1:11:23	5:10	11	19:09	11	19:09	24.10	2:21:40	5:52	21	45:31	21	45:31
Schwindebeck	9.40	1:01:10	6:30	20	19:40	20	19:40	33.50	3:22:50	6:03	23	57:31	23	57:31
Bispingen	8.90	1:03:33	7:08	27	30:07	27	30:07	42.40	4:26:23	6:16	23	1:27:38	23	1:27:38
Overhaverbeck	10.80	54:52	5:04	11	11:16	11	11:16	53.20	5:21:15	6:02	21	1:38:54	21	1:38:54
Undeloh	6.90	43:59	6:22	18	13:14	18	13:14	60.10	6:05:14	6:04	22	1:49:28	22	1:49:28
Egestorf	9.20	1:04:53	7:03	22	23:48	22	23:48	69.30	7:10:07	6:12	21	2:11:31	21	2:11:31
Salzhausen	10.70	1:14:16	6:56	24	29:58	24	29:58	80.00	8:24:23	6:18	24	2:36:54	24	2:36:54
Südergellersen	10.90	1:02:21	5:43	12	21:22	12	21:22	90.90	9:26:44	6:14	23	2:46:00	23	2:46:00
Sülzwiesen	9.10	50:14	5:31	12	15:30	12	15:30	100.00	10:16:58	6:10	20	2:51:56	20	2:51:56