



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

Das H Team

Total time: 10:24:16

Number: 303

Speed: 9.61 km/h

Running performance: 6:14 min/km

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Rank in course: 22 (of 28)

Best time in course: 7:25:02

Category:

Rank in category: 22(of 28)

5-10er Staffel

Best time in the category: 7:25:02

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.		Cat.	Total	Total				
Südergellersen	10.30	1:12:45	7:03	28	32:16	28	32:16	10.30	1:12:45	7:03	28	32:16	28	32:16
Amelinghausen	13.80	1:17:20	5:36	16	25:06	16	25:06	24.10	2:30:05	6:13	26	53:56	26	53:56
Schwindebeck	9.40	1:06:41	7:05	24	25:11	24	25:11	33.50	3:36:46	6:28	28	1:11:27	28	1:11:27
Bispingen	8.90	55:00	6:10	15	21:34	15	21:34	42.40	4:31:46	6:24	27	1:33:01	27	1:33:01
Overhaverbeck	10.80	1:06:54	6:11	22	23:18	22	23:18	53.20	5:38:40	6:21	25	1:56:19	25	1:56:19
Undeloh	6.90	41:31	6:01	13	10:46	13	10:46	60.10	6:20:11	6:19	25	2:04:25	25	2:04:25
Egestorf	9.20	58:56	6:24	20	17:51	20	17:51	69.30	7:19:07	6:20	25	2:20:31	25	2:20:31
Salzhausen	10.70	1:02:12	5:48	16	17:54	16	17:54	80.00	8:21:19	6:15	23	2:33:50	23	2:33:50
Südergellersen	10.90	1:10:02	6:25	21	29:03	21	29:03	90.90	9:31:21	6:17	25	2:50:37	25	2:50:37
Sülzwiesen	9.10	52:55	5:48	15	18:11	15	18:11	100.00	10:24:16	6:14	22	2:59:14	22	2:59:14