



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

No Meat Athletes

Total time: 10:27:54

Number: 323

Speed: 9.56 km/h

Running performance: 6:16 min/km

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Rank in course: 24 (of 28)

Best time in course: 7:25:02

Category:

Rank in category: 24(of 28)

5-10er Staffel

Best time in the category: 7:25:02

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Pos		Behind		
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total		
Südergellersen	10.30	59:07	5:44	23	18:38	23	18:38	10.30	59:07	5:44	23	18:38	23	18:38		
Amelinghausen	13.80	1:15:06	5:26	14	22:52	14	22:52	24.10	2:14:13	5:34	14	38:04	14	38:04		
Schwindebeck	9.40	1:03:17	6:43	21	21:47	21	21:47	33.50	3:17:30	5:53	19	52:11	19	52:11		
Bispingen	8.90	1:03:12	7:06	25	29:46	25	29:46	42.40	4:20:42	6:08	22	1:21:57	22	1:21:57		
Overhaverbeck	10.80	1:06:20	6:08	21	22:44	21	22:44	53.20	5:27:02	6:08	22	1:44:41	22	1:44:41		
Undeloh	6.90	30:45	4:27	1	-	1	-	60.10	5:57:47	5:57	15	1:42:01	15	1:42:01		
Egestorf	9.20	1:12:07	7:50	28	31:02	28	31:02	69.30	7:09:54	6:12	20	2:11:18	20	2:11:18		
Salzhausen	10.70	1:06:46	6:14	19	22:28	19	22:28	80.00	8:16:40	6:12	20	2:29:11	20	2:29:11		
Südergellersen	10.90	1:12:14	6:37	24	31:15	24	31:15	90.90	9:28:54	6:15	24	2:48:10	24	2:48:10		
Sülzwiesen	9.10	59:00	6:29	22	24:16	22	24:16	100.00	10:27:54	6:16	24	3:02:52	24	3:02:52		