



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Landkreis Heidekreis

Club: Landkreis Heidekreis

Number: 314

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 10:28:06

Speed: 9.55 km/h

Running performance: 6:16 min/km

Rank in course: 25 (of 28)

Best time in course: 7:25:02

Rank in category: 25(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	58:16	5:39	21	17:47	21	17:47	10.30	58:16	5:39	21	17:47	21	17:47
Amelinghausen	13.80	1:21:45	5:55	22	29:31	22	29:31	24.10	2:20:01	5:48	19	43:52	19	43:52
Schwindebeck	9.40	1:07:35	7:11	26	26:05	26	26:05	33.50	3:27:36	6:11	25	1:02:17	25	1:02:17
Bispingen	8.90	58:50	6:36	20	25:24	20	25:24	42.40	4:26:26	6:17	24	1:27:41	24	1:27:41
Overhaverbeck	10.80	1:01:13	5:40	16	17:37	16	17:37	53.20	5:27:39	6:09	23	1:45:18	23	1:45:18
Undeloh	6.90	41:37	6:01	14	10:52	14	10:52	60.10	6:09:16	6:08	24	1:53:30	24	1:53:30
Egestorf	9.20	1:08:07	7:24	25	27:02	25	27:02	69.30	7:17:23	6:18	24	2:18:47	24	2:18:47
Salzhausen	10.70	57:00	5:19	12	12:42	12	12:42	80.00	8:14:23	6:10	19	2:26:54	19	2:26:54
Südergellersen	10.90	1:09:45	6:23	20	28:46	20	28:46	90.90	9:24:08	6:12	22	2:43:24	22	2:43:24
Sülzwiesen	9.10	1:03:58	7:01	26	29:14	26	29:14	100.00	10:28:06	6:16	25	3:03:04	25	3:03:04