



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

### Rethmar

Club: Rethmar

Number: 325

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 10:30:18

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course: 26 (of 28)

Best time in course: 7:25:02

Rank in category: 26(of 28)

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 km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Südergellersen	10.30	57:07	5:32	16	16:38	16	16:38	10.30	57:07	5:32	16	16:38	16	16:38
Amelinghausen	13.80	1:26:46	6:17	24	34:32	24	34:32	24.10	2:23:53	5:58	25	47:44	25	47:44
Schwindebeck	9.40	53:55	5:44	15	12:25	15	12:25	33.50	3:17:48	5:54	20	52:29	20	52:29
Bispingen	8.90	56:32	6:21	18	23:06	18	23:06	42.40	4:14:20	5:59	19	1:15:35	19	1:15:35
Overhaverbeck	10.80	59:33	5:30	14	15:57	14	15:57	53.20	5:13:53	5:54	17	1:31:32	17	1:31:32
Undeloh	6.90	44:27	6:26	19	13:42	19	13:42	60.10	5:58:20	5:57	16	1:42:34	16	1:42:34
Egestorf	9.20	51:09	5:33	8	10:04	8	10:04	69.30	6:49:29	5:54	14	1:50:53	14	1:50:53
Salzhausen	10.70	1:07:14	6:17	21	22:56	21	22:56	80.00	7:56:43	5:57	14	2:09:14	14	2:09:14
Südergellersen	10.90	1:19:24	7:17	26	38:25	26	38:25	90.90	9:16:07	6:07	16	2:35:23	16	2:35:23
Sülzwiesen	9.10	1:14:11	8:09	27	39:27	27	39:27	100.00	10:30:18	6:18	26	3:05:16	26	3:05:16