



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Laufen mit Merete

Club: Laufen mit Merete

Number: 315

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 10:57:49

Speed: 9.12 km/h

Running performance: 6:34 min/km

Rank in course: 27 (of 28)

Best time in course: 7:25:02

Rank in category: 27(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	57:15	5:33	17	16:46	17	16:46	10.30	57:15	5:33	17	16:46	17	16:46
Amelinghausen	13.80	1:21:40	5:55	21	29:26	21	29:26	24.10	2:18:55	5:45	18	42:46	18	42:46
Schwindebeck	9.40	49:43	5:17	10	8:13	10	8:13	33.50	3:08:38	5:37	14	43:19	14	43:19
Bispingen	8.90	1:11:28	8:01	28	38:02	28	38:02	42.40	4:20:06	6:08	21	1:21:21	21	1:21:21
Overhaverbeck	10.80	1:26:17	7:59	28	42:41	28	42:41	53.20	5:46:23	6:30	27	2:04:02	27	2:04:02
Undeloh	6.90	53:36	7:46	25	22:51	25	22:51	60.10	6:39:59	6:39	28	2:24:13	28	2:24:13
Egestorf	9.20	1:11:24	7:45	27	30:19	27	30:19	69.30	7:51:23	6:48	28	2:52:47	28	2:52:47
Salzhausen	10.70	1:20:24	7:30	27	36:06	27	36:06	80.00	9:11:47	6:53	28	3:24:18	28	3:24:18
Südergellersen	10.90	58:56	5:24	6	17:57	6	17:57	90.90	10:10:43	6:43	28	3:29:59	28	3:29:59
Sülzwiesen	9.10	47:06	5:10	7	12:22	7	12:22	100.00	10:57:49	6:34	27	3:32:47	27	3:32:47