



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Laufteam SV Kirchboitzen

Club: Laufteam SV Kirchboitzen

Number: 316

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 11:17:58

Speed: 8.85 km/h

Running performance: 6:46 min/km

Rank in course: 28 (of 28)

Best time in course: 7:25:02

Rank in category: 28(of 28)

Best time in the category: 7:25:02

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Total		
	km	Time			min/km	Cat.		Cat.	Total			Total	km	Time
Südergellersen	10.30	1:03:52	6:12	24	23:23	24	23:23	10.30	1:03:52	6:12	24	23:23	24	23:23
Amelinghausen	13.80	1:27:09	6:18	25	34:55	25	34:55	24.10	2:31:01	6:15	27	54:52	27	54:52
Schwindebeck	9.40	1:05:41	6:59	23	24:11	23	24:11	33.50	3:36:42	6:28	27	1:11:23	27	1:11:23
Bispingen	8.90	1:02:33	7:01	24	29:07	24	29:07	42.40	4:39:15	6:35	28	1:40:30	28	1:40:30
Overhaverbeck	10.80	1:19:55	7:23	26	36:19	26	36:19	53.20	5:59:10	6:45	28	2:16:49	28	2:16:49
Undeloh	6.90	37:14	5:23	8	6:29	8	6:29	60.10	6:36:24	6:35	27	2:20:38	27	2:20:38
Egestorf	9.20	54:31	5:55	12	13:26	12	13:26	69.30	7:30:55	6:30	26	2:32:19	26	2:32:19
Salzhausen	10.70	1:04:38	6:02	17	20:20	17	20:20	80.00	8:35:33	6:26	26	2:48:04	26	2:48:04
Südergellersen	10.90	1:24:24	7:44	28	43:25	28	43:25	90.90	9:59:57	6:36	27	3:19:13	27	3:19:13
Sülzwiesen	9.10	1:18:01	8:34	28	43:17	28	43:17	100.00	11:17:58	6:46	28	3:52:56	28	3:52:56