



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

Schule Marienau... läuft!

Club: Schule Marienau e.V.

Number: 326

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 8:23:28

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course: 3 (of 28)

Best time in course: 7:25:02

Rank in category: 3(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	44:59	4:22	3	4:30	3	4:30	10.30	44:59	4:22	3	4:30	3	4:30
Amelinghausen	13.80	1:01:06	4:25	4	8:52	4	8:52	24.10	1:46:05	4:24	3	9:56	3	9:56
Schwindebeck	9.40	48:10	5:07	5	6:40	5	6:40	33.50	2:34:15	4:36	3	8:56	3	8:56
Bispingen	8.90	42:20	4:45	5	8:54	5	8:54	42.40	3:16:35	4:38	3	17:50	3	17:50
Overhaverbeck	10.80	47:00	4:21	2	3:24	2	3:24	53.20	4:03:35	4:34	3	21:14	3	21:14
Undeloh	6.90	40:32	5:52	11	9:47	11	9:47	60.10	4:44:07	4:43	3	28:21	3	28:21
Egestorf	9.20	55:43	6:03	15	14:38	15	14:38	69.30	5:39:50	4:54	3	41:14	3	41:14
Salzhausen	10.70	47:13	4:24	4	2:55	4	2:55	80.00	6:27:03	4:50	3	39:34	3	39:34
Südergellersen	10.90	1:00:14	5:31	10	19:15	10	19:15	90.90	7:27:17	4:55	3	46:33	3	46:33
Sülzwiesen	9.10	56:11	6:10	20	21:27	20	21:27	100.00	8:23:28	5:02	3	58:26	3	58:26