



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

### Dr Strongman & Friends

Club: Mud Monkeys OCR Team

Number: 304

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 8:33:36

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course: 4 (of 28)

Best time in course: 7:25:02

Rank in category: 4(of 28)

Best time in the category: 7:25:02

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.								
Südergellersen	10.30	52:59	5:08	10	12:30	10	12:30	10.30	52:59	5:08	10	12:30	10	12:30
Amelinghausen	13.80	58:46	4:15	3	6:32	3	6:32	24.10	1:51:45	4:38	4	15:36	4	15:36
Schwindebeck	9.40	51:03	5:25	11	9:33	11	9:33	33.50	2:42:48	4:51	4	17:29	4	17:29
Bispingen	8.90	45:16	5:05	6	11:50	6	11:50	42.40	3:28:04	4:54	4	29:19	4	29:19
Overhaverbeck	10.80	1:21:37	7:33	27	38:01	27	38:01	53.20	4:49:41	5:26	9	1:07:20	9	1:07:20
Undeloh	6.90	45:27	6:35	20	14:42	20	14:42	60.10	5:35:08	5:34	10	1:19:22	10	1:19:22
Egestorf	9.20	47:32	5:10	6	6:27	6	6:27	69.30	6:22:40	5:31	10	1:24:04	10	1:24:04
Salzhausen	10.70	45:03	4:12	2	0:45	2	0:45	80.00	7:07:43	5:20	8	1:20:14	8	1:20:14
Südergellersen	10.90	43:58	4:02	2	2:59	2	2:59	90.90	7:51:41	5:11	5	1:10:57	5	1:10:57
Sülzwiesen	9.10	41:55	4:36	2	7:11	2	7:11	100.00	8:33:36	5:08	4	1:08:34	4	1:08:34