



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

### Düvelsbrook Dynamics Lüneburg

Club: Düvelsbrook Dynamics Lüneburg  
Number: 305

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 8:51:15

Speed: 11.29 km/h

Running performance: 5:18 min/km

Rank in course: 7 (of 28)

Best time in course: 7:25:02

Rank in category: 7(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	57:53	5:37	19	17:24	19	17:24	10.30	57:53	5:37	19	17:24	19	17:24
Amelinghausen	13.80	1:09:32	5:02	9	17:18	9	17:18	24.10	2:07:25	5:17	10	31:16	10	31:16
Schwindebeck	9.40	47:11	5:01	3	5:41	3	5:41	33.50	2:54:36	5:12	7	29:17	7	29:17
Bispingen	8.90	50:56	5:43	12	17:30	12	17:30	42.40	3:45:32	5:19	8	46:47	8	46:47
Overhaverbeck	10.80	49:16	4:33	3	5:40	3	5:40	53.20	4:34:48	5:09	6	52:27	6	52:27
Undeloh	6.90	37:36	5:26	9	6:51	9	6:51	60.10	5:12:24	5:11	6	56:38	6	56:38
Egestorf	9.20	51:28	5:35	9	10:23	9	10:23	69.30	6:03:52	5:15	7	1:05:16	7	1:05:16
Salzhausen	10.70	47:14	4:24	5	2:56	5	2:56	80.00	6:51:06	5:08	6	1:03:37	6	1:03:37
Südergellersen	10.90	1:05:17	5:59	14	24:18	14	24:18	90.90	7:56:23	5:14	7	1:15:39	7	1:15:39
Sülzwiesen	9.10	54:52	6:01	19	20:08	19	20:08	100.00	8:51:15	5:18	7	1:26:13	7	1:26:13