



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

### Hamburg Running Rockets 1

Club: Hamburg Running

Number: 307

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Category:

5-10er Staffel

Total time: 8:54:37

Speed: 11.22 km/h

Running performance: 5:20 min/km

Rank in course: 8 (of 28)

Best time in course: 7:25:02

Rank in category: 8(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	1:09:50	6:46	26	29:21	26	29:21	10.30	1:09:50	6:46	26	29:21	26	29:21
Amelinghausen	13.80	1:05:43	4:45	7	13:29	7	13:29	24.10	2:15:33	5:37	16	39:24	16	39:24
Schwindebeck	9.40	48:11	5:07	6	6:41	6	6:41	33.50	3:03:44	5:29	10	38:25	10	38:25
Bispingen	8.90	1:01:43	6:56	22	28:17	22	28:17	42.40	4:05:27	5:47	14	1:06:42	14	1:06:42
Overhaverbeck	10.80	52:51	4:53	7	9:15	7	9:15	53.20	4:58:18	5:36	11	1:15:57	11	1:15:57
Undeloh	6.90	42:08	6:06	16	11:23	16	11:23	60.10	5:40:26	5:39	11	1:24:40	11	1:24:40
Egestorf	9.20	54:12	5:53	11	13:07	11	13:07	69.30	6:34:38	5:41	12	1:36:02	12	1:36:02
Salzhausen	10.70	46:35	4:21	3	2:17	3	2:17	80.00	7:21:13	5:30	10	1:33:44	10	1:33:44
Südergellersen	10.90	58:40	5:22	5	17:41	5	17:41	90.90	8:19:53	5:29	9	1:39:09	9	1:39:09
Sülzwiesen	9.10	34:44	3:49	1	-	1	-	100.00	8:54:37	5:20	8	1:29:35	8	1:29:35