



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Heide Ultras

Total time: 8:55:06

Number: 310

Speed: 11.21 km/h

Running performance: 5:21 min/km

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Rank in course: 9 (of 28)

Best time in course: 7:25:02

Category:

Rank in category: 9(of 28)

5-10er Staffel

Best time in the category: 7:25:02

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Behind | Total | | Pos | Behind | Pos | | Behind |
|----------------|-------|---------|------|--------|--------|------|--------|--------|---------|------|--------|---------|----|---------|
| | km | Time | | | min/km | Cat. | | Cat. | Total | | | Total | km | |
| Südergellersen | 10.30 | 53:14 | 5:10 | 11 | 12:45 | 11 | 12:45 | 10.30 | 53:14 | 5:10 | 11 | 12:45 | 11 | 12:45 |
| Amelinghausen | 13.80 | 1:12:50 | 5:16 | 13 | 20:36 | 13 | 20:36 | 24.10 | 2:06:04 | 5:13 | 9 | 29:55 | 9 | 29:55 |
| Schwindebeck | 9.40 | 52:47 | 5:36 | 12 | 11:17 | 12 | 11:17 | 33.50 | 2:58:51 | 5:20 | 9 | 33:32 | 9 | 33:32 |
| Bispingen | 8.90 | 45:19 | 5:05 | 7 | 11:53 | 7 | 11:53 | 42.40 | 3:44:10 | 5:17 | 7 | 45:25 | 7 | 45:25 |
| Overhaverbeck | 10.80 | 54:25 | 5:02 | 9 | 10:49 | 9 | 10:49 | 53.20 | 4:38:35 | 5:14 | 7 | 56:14 | 7 | 56:14 |
| Undeloh | 6.90 | 34:08 | 4:56 | 4 | 3:23 | 4 | 3:23 | 60.10 | 5:12:43 | 5:12 | 7 | 56:57 | 7 | 56:57 |
| Egestorf | 9.20 | 41:05 | 4:27 | 1 | - | 1 | - | 69.30 | 5:53:48 | 5:06 | 4 | 55:12 | 4 | 55:12 |
| Salzhausen | 10.70 | 49:34 | 4:37 | 7 | 5:16 | 7 | 5:16 | 80.00 | 6:43:22 | 5:02 | 4 | 55:53 | 4 | 55:53 |
| Südergellersen | 10.90 | 1:19:59 | 7:20 | 27 | 39:00 | 27 | 39:00 | 90.90 | 8:03:21 | 5:19 | 8 | 1:22:37 | 8 | 1:22:37 |
| Sülzwiesen | 9.10 | 51:45 | 5:41 | 14 | 17:01 | 14 | 17:01 | 100.00 | 8:55:06 | 5:21 | 9 | 1:30:04 | 9 | 1:30:04 |