



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

Go-Gö

Total time: 10:57:51

Number: 203

Speed: 9.12 km/h

Running performance: 6:34 min/km

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Rank in course: 1 (of 4)

Best time in course: 10:57:51

Category:

Rank in category: 1(of 4)

2er Staffel

Best time in the category: 10:57:51

### 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	59:45	5:48	2	0:05	2	0:05	10.30	59:45	5:48	2	0:05	2	0:05
Amelinghausen	13.80	1:19:30	5:45	1	-	1	-	24.10	2:19:15	5:46	1	-	1	-
Schwindebeck	9.40	53:50	5:43	1	-	1	-	33.50	3:13:05	5:45	1	-	1	-
Bispingen	8.90	56:11	6:18	1	-	1	-	42.40	4:09:16	5:52	1	-	1	-
Overhaverbeck	10.80	1:12:38	6:43	1	-	1	-	53.20	5:21:54	6:03	1	-	1	-
Undeloh	6.90	43:13	6:15	3	6:23	3	6:23	60.10	6:05:07	6:04	1	-	1	-
Egestorf	9.20	1:01:00	6:37	2	1:33	2	1:33	69.30	7:06:07	6:08	1	-	1	-
Salzhausen	10.70	1:13:49	6:53	1	-	1	-	80.00	8:19:56	6:14	1	-	1	-
Südergellersen	10.90	1:23:06	7:37	1	-	1	-	90.90	9:43:02	6:24	1	-	1	-
Sülzwiesen	9.10	1:14:49	8:13	2	1:43	2	1:43	100.00	10:57:51	6:34	1	-	1	-