



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

FrauenPower

Total time: 11:45:01

Number: 202

Speed: 8.51 km/h

Running performance: 7:03 min/km

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Rank in course: 3 (of 4)

Best time in course: 10:57:51

Category:

Rank in category: 3(of 4)

2er Staffel

Best time in the category: 10:57:51

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Südergellersen	10.30	1:08:53	6:41	3	9:13	3	9:13	10.30	1:08:53	6:41	3	9:13	3	9:13
Amelinghausen	13.80	1:30:47	6:34	3	11:17	3	11:17	24.10	2:39:40	6:37	3	20:25	3	20:25
Schwindebeck	9.40	1:03:02	6:42	3	9:12	3	9:12	33.50	3:42:42	6:38	3	29:37	3	29:37
Bispingen	8.90	1:00:05	6:45	3	3:54	3	3:54	42.40	4:42:47	6:40	3	33:31	3	33:31
Overhaverbeck	10.80	1:17:56	7:12	3	5:18	3	5:18	53.20	6:00:43	6:46	3	38:49	3	38:49
Undeloh	6.90	38:59	5:38	2	2:09	2	2:09	60.10	6:39:42	6:39	3	34:35	3	34:35
Egestorf	9.20	1:01:05	6:38	3	1:38	3	1:38	69.30	7:40:47	6:38	3	34:40	3	34:40
Salzhausen	10.70	1:18:57	7:22	2	5:08	2	5:08	80.00	8:59:44	6:44	3	39:48	3	39:48
Südergellersen	10.90	1:32:11	8:27	2	9:05	2	9:05	90.90	10:31:55	6:57	3	48:53	3	48:53
Sülzwiesen	9.10	1:13:06	8:01	1	-	1	-	100.00	11:45:01	7:03	3	47:10	3	47:10