



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Lena Plamp

Club: FH Runners Berlin

Number: 46

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Frauen (20-29 Jahre)

Total time: 10:37:59

Speed: 9.40 km/h

Running performance: 6:22 min/km

Rank in course/Total: 9 (of 63)

Rank in course/Women: 1 (of 12)

Best time in course: 10:37:59

Rank in category: 1(of 2)

Best time in the category: 10:37:59

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Südergellersen	10.30	1:02:23	6:03	1	-	4	1:55	10.30	1:02:23	6:03	1	-	4	1:55
Amelinghausen	13.80	1:21:56	5:56	1	-	3	1:30	24.10	2:24:19	5:59	1	-	4	3:25
Schwindebeck	9.40	57:05	6:04	1	-	1	-	33.50	3:21:24	6:00	1	-	4	2:26
Bispingen	8.90	55:13	6:12	1	-	2	2:55	42.40	4:16:37	6:03	1	-	2	5:21
Overhaverbeck	10.80	1:08:23	6:19	1	-	1	-	53.20	5:25:00	6:06	1	-	2	1:31
Undeloh	6.90	45:56	6:39	1	-	2	1:33	60.10	6:10:56	6:10	1	-	2	3:04
Egestorf	9.20	1:02:03	6:44	1	-	1	-	69.30	7:12:59	6:14	1	-	1	-
Salzhausen	10.70	1:12:15	6:45	1	-	1	-	80.00	8:25:14	6:18	1	-	1	-
Südergellersen	10.90	1:13:11	6:42	1	-	1	-	90.90	9:38:25	6:21	1	-	1	-
Sülzwiesen	9.10	59:34	6:32	1	-	2	59:34	100.00	10:37:59	6:22	1	-	1	-