



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Rabia Abraham

Club: Lauftreff Uelzen

Number: 18

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 14:13:58

Speed: 7.03 km/h

Running performance: 8:32 min/km

Rank in course/Total: 41 (of 63)

Rank in course/Women: 8 (of 12)

Best time in course: 10:37:59

Rank in category: 1(of 2)

Best time in the category: 14:13:58

Intermediate times

Stage score

Total ranking

Control	Stage score				Total ranking									
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Südergellersen	10.30	1:13:23	7:07	2	3:35	9	12:55	10.30	1:13:23	7:07	2	3:35	9	12:55
Amelinghausen	13.80	1:38:34	7:08	1	-	8	18:08	24.10	2:51:57	7:08	2	2:55	10	31:03
Schwindebeck	9.40	1:11:55	7:39	1	-	7	14:50	33.50	4:03:52	7:16	1	-	7	44:54
Bispingen	8.90	1:10:16	7:53	1	-	8	17:58	42.40	5:14:08	7:24	1	-	8	1:02:52
Overhaverbeck	10.80	1:31:02	8:25	1	-	8	22:39	53.20	6:45:10	7:36	1	-	8	1:21:41
Undeloh	6.90	55:44	8:04	1	-	6	11:21	60.10	7:40:54	7:40	1	-	7	1:33:02
Egestorf	9.20	1:33:21	10:08	2	1:56	9	31:18	69.30	9:14:15	7:59	1	-	8	2:01:16
Salzhausen	10.70	1:41:08	9:27	1	-	7	28:53	80.00	10:55:23	8:11	1	-	8	2:30:09
Südergellersen	10.90	1:53:39	10:25	2	1:21	9	40:28	90.90	12:49:02	8:27	1	-	8	3:10:37
Sülzwiesen	9.10	1:24:56	9:20	1	-	9	1:24:56	100.00	14:13:58	8:32	1	-	8	3:35:59