



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Steffi Jendro

Club: SCC Berlin

Number: 25

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 14:55:04

Speed: 6.70 km/h

Running performance: 8:57 min/km

Rank in course/Total: 49 (of 63)

Rank in course/Women: 9 (of 12)

Best time in course: 10:37:59

Rank in category: 2(of 2)

Best time in the category: 14:13:58

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	1:09:48	6:46	1	-	7	9:20	10.30	1:09:48	6:46	1	-	7	9:20
Amelinghausen	13.80	1:39:14	7:11	2	0:40	9	18:48	24.10	2:49:02	7:00	1	-	9	28:08
Schwindebeck	9.40	1:15:11	7:59	2	3:16	8	18:06	33.50	4:04:13	7:17	2	0:21	8	45:15
Bispingen	8.90	1:25:51	9:38	2	15:35	11	33:33	42.40	5:30:04	7:47	2	15:56	10	1:18:48
Overhaverbeck	10.80	1:38:16	9:05	2	7:14	9	29:53	53.20	7:08:20	8:03	2	23:10	10	1:44:51
Undeloh	6.90	1:04:55	9:24	2	9:11	9	20:32	60.10	8:13:15	8:12	2	32:21	9	2:05:23
Egestorf	9.20	1:31:25	9:56	1	-	8	29:22	69.30	9:44:40	8:26	2	30:25	9	2:31:41
Salzhausen	10.70	1:44:52	9:48	2	3:44	10	32:37	80.00	11:29:32	8:37	2	34:09	9	3:04:18
Südergellersen	10.90	1:52:18	10:18	1	-	8	39:07	90.90	13:21:50	8:49	2	32:48	9	3:43:25
Sülzwiesen	9.10	1:33:14	10:14	2	8:18	11	1:33:14	100.00	14:55:04	8:57	2	41:06	9	4:17:05