



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Andrea Cussac

Total time: 10:55:08

Number: 10

Speed: 9.16 km/h

Running performance: 6:33 min/km

Course: 100.00 km

Rank in course/Total: 14 (of 63)

Ultra-Marathon Einzel

Rank in course/Women: 2 (of 12)

Best time in course: 10:37:59

Category:

Rank in category: 1(of 3)

Seniorinnen W45 (45-49 Jahre)

Best time in the category: 10:55:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	1:00:28	5:52	1	-	1	-	10.30	1:00:28	5:52	1	-	1	-
Amelinghausen	13.80	1:20:26	5:49	1	-	1	-	24.10	2:20:54	5:50	1	-	1	-
Schwindebeck	9.40	58:04	6:10	2	0:34	4	0:59	33.50	3:18:58	5:56	1	-	1	-
Bispingen	8.90	52:18	5:52	1	-	1	-	42.40	4:11:16	5:55	1	-	1	-
Overhaverbeck	10.80	1:12:13	6:41	1	-	2	3:50	53.20	5:23:29	6:04	1	-	1	-
Undeloh	6.90	44:23	6:25	1	-	1	-	60.10	6:07:52	6:07	1	-	1	-
Egestorf	9.20	1:06:56	7:16	1	-	2	4:53	69.30	7:14:48	6:16	1	-	2	1:49
Salzhausen	10.70	1:17:40	7:15	1	-	2	5:25	80.00	8:32:28	6:24	1	-	2	7:14
Südergellersen	10.90	1:22:53	7:36	1	-	2	9:42	90.90	9:55:21	6:32	1	-	2	16:56
Sülzwiesen	9.10	59:47	6:34	2	59:47	3	59:47	100.00	10:55:08	6:33	1	-	2	17:09