



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Lydiah Schulz-Symon

Club: Tus Hasede

Number: 53

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 12:17:00

Speed: 8.14 km/h

Running performance: 7:22 min/km

Rank in course/Total: 28 (of 63)

Rank in course/Women: 3 (of 12)

Best time in course: 10:37:59

Rank in category: 2(of 3)

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	1:01:08	5:56	2	0:40	2	0:40	10.30	1:01:08	5:56	2	0:40	2	0:40
Amelinghausen	13.80	1:22:02	5:56	2	1:36	4	1:36	24.10	2:23:10	5:56	2	2:16	3	2:16
Schwindebeck	9.40	57:30	6:07	1	-	2	0:25	33.50	3:20:40	5:59	2	1:42	2	1:42
Bispingen	8.90	58:16	6:32	2	5:58	3	5:58	42.40	4:18:56	6:06	2	7:40	3	7:40
Overhaverbeck	10.80	1:18:49	7:17	2	6:36	6	10:26	53.20	5:37:45	6:20	2	14:16	4	14:16
Undeloh	6.90	55:24	8:01	2	11:01	5	11:01	60.10	6:33:09	6:32	2	25:17	4	25:17
Egestorf	9.20	1:16:00	8:15	2	9:04	5	13:57	69.30	7:49:09	6:46	2	34:21	3	36:10
Salzhausen	10.70	1:22:08	7:40	2	4:28	5	9:53	80.00	9:11:17	6:53	2	38:49	3	46:03
Südergellersen	10.90	1:50:28	10:08	2	27:35	7	37:17	90.90	11:01:45	7:16	2	1:06:24	3	1:23:20
Sülzwiesen	9.10	1:15:15	8:16	3	1:15:15	6	1:15:15	100.00	12:17:00	7:22	2	1:21:52	3	1:39:01