



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

Camilla Suchan

Number: 62

Course: 100.00 km  
Ultra-Marathon Einzel

Category:  
Seniorinnen W45 (45-49 Jahre)

Rank in course/Total: DNF (of 63)  
Rank in course/Women: DNF (of 12)  
Best time in course: 10:37:59  
Rank in category: DNF(of 3)  
Best time in the category: 10:55:08

Control	Intermediate times				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	1:15:01	7:16	3	14:33	10	14:33	10.30	1:15:01	7:16	3	14:33	10	14:33
Amelinghausen	13.80	1:41:48	7:22	3	21:22	11	21:22	24.10	2:56:49	7:20	3	35:55	11	35:55
Schwindebeck	9.40	1:19:04	8:24	3	21:34	10	21:59	33.50	4:15:53	7:38	3	56:55	11	56:55
Bispingen	8.90	1:29:55	10:06	3	37:37	12	37:37	42.40	5:45:48	8:09	3	1:34:32	11	1:34:32
Overhaverbeck	10.80	1:46:58	9:54	3	34:45	12	38:35	53.20	7:32:46	8:30	3	2:09:17	11	2:09:17
Undeloh	6.90	1:07:41	9:48	3	23:18	11	23:18	60.10	8:40:27	8:39	3	2:32:35	10	2:32:35
Egestorf	9.20	1:37:00	10:32	3	30:04	11	34:57	69.30	10:17:27	8:54	3	3:02:39	11	3:04:28
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-
Südergellersen	10.90	3:29:15	19:11	3	2:06:22	11	2:16:04	90.90	13:46:42	9:05	3	3:51:21	11	4:08:17
Sülzwiesen	9.10		0:00	1	-	1	-	100.00	-	-	-	-	-	-