



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

Patricia Kusatz

Total time: 12:34:55

Number: 36

Speed: 7.95 km/h

Running performance: 7:32 min/km

Course: 100.00 km

Rank in course/Total: 30 (of 63)

Ultra-Marathon Einzel

Rank in course/Women: 4 (of 12)

Best time in course: 10:37:59

Category:

Rank in category: 1(of 3)

Seniorinnen W50 (50-54 Jahre)

Best time in the category: 12:34:55

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Südergellersen	10.30	1:03:23	6:09	2	2:14	5	2:55	10.30	1:03:23	6:09	2	2:14	5	2:55
Amelinghausen	13.80	1:25:55	6:13	2	4:08	6	5:29	24.10	2:29:18	6:11	2	6:22	5	8:24
Schwindebeck	9.40	1:38:51	10:30	3	41:07	12	41:46	33.50	4:08:09	7:24	2	47:29	10	49:11
Bispingen	8.90	1:00:59	6:51	2	2:36	5	8:41	42.40	5:09:08	7:17	2	50:05	7	57:52
Overhaverbeck	10.80	1:13:07	6:46	1	-	3	4:44	53.20	6:22:15	7:11	2	45:05	6	58:46
Undeloh	6.90	47:45	6:55	1	-	3	3:22	60.10	7:10:00	7:09	2	38:21	6	1:02:08
Egestorf	9.20	1:11:20	7:45	1	-	3	9:17	69.30	8:21:20	7:14	2	19:09	6	1:08:21
Salzhausen	10.70	1:18:29	7:20	1	-	3	6:14	80.00	9:39:49	7:14	1	-	5	1:14:35
Südergellersen	10.90	1:40:03	9:10	1	-	4	26:52	90.90	11:19:52	7:28	1	-	5	1:41:27
Sülzwiesen	9.10	1:15:03	8:14	1	-	5	1:15:03	100.00	12:34:55	7:32	1	-	4	1:56:56