



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Claudia Köster

Total time: 13:05:19

Number: 31

Speed: 7.64 km/h

Running performance: 7:51 min/km

Course: 100.00 km

Rank in course/Total: 36 (of 63)

Ultra-Marathon Einzel

Rank in course/Women: 6 (of 12)

Best time in course: 10:37:59

Category:

Rank in category: 2(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		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Südergellersen	10.30	1:01:09	5:56	1	-	3	0:41	10.30	1:01:09	5:56	1	-	3	0:41
Amelinghausen	13.80	1:21:47	5:55	1	-	2	1:21	24.10	2:22:56	5:55	1	-	2	2:02
Schwindebeck	9.40	57:44	6:08	1	-	3	0:39	33.50	3:20:40	5:59	1	-	2	1:42
Bispingen	8.90	58:23	6:33	1	-	4	6:05	42.40	4:19:03	6:06	1	-	4	7:47
Overhaverbeck	10.80	1:18:07	7:13	2	5:00	5	9:44	53.20	5:37:10	6:20	1	-	3	13:41
Undeloh	6.90	54:29	7:53	2	6:44	4	10:06	60.10	6:31:39	6:30	1	-	3	23:47
Egestorf	9.20	1:30:32	9:50	2	19:12	7	28:29	69.30	8:02:11	6:57	1	-	4	49:12
Salzhausen	10.70	1:42:39	9:35	2	24:10	8	30:24	80.00	9:44:50	7:18	2	5:01	6	1:19:36
Südergellersen	10.90	1:55:00	10:33	3	14:57	10	41:49	90.90	11:39:50	7:41	2	19:58	6	2:01:25
Sülzwiesen	9.10	1:25:29	9:23	3	10:26	10	1:25:29	100.00	13:05:19	7:51	2	30:24	6	2:27:20