



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Kathrin Drissen

Total time: 14:55:49

Number: 12

Speed: 6.70 km/h

Running performance: 8:57 min/km

Course: 100.00 km

Rank in course/Total: 50 (of 63)

Ultra-Marathon Einzel

Rank in course/Women: 10 (of 12)

Best time in course: 10:37:59

Category:

Rank in category: 3(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	1:17:23	7:30	3	16:14	11	16:55	10.30	1:17:23	7:30	3	16:14	11	16:55
Amelinghausen	13.80	1:52:15	8:08	3	30:28	12	31:49	24.10	3:09:38	7:52	3	46:42	12	48:44
Schwindebeck	9.40	1:19:28	8:27	2	21:44	11	22:23	33.50	4:29:06	8:01	3	1:08:26	12	1:10:08
Bispingen	8.90	1:22:08	9:13	3	23:45	10	29:50	42.40	5:51:14	8:17	3	1:32:11	12	1:39:58
Overhaverbeck	10.80	1:44:11	9:38	3	31:04	10	35:48	53.20	7:35:25	8:33	3	1:58:15	12	2:11:56
Undeloh	6.90	1:06:01	9:34	3	18:16	10	21:38	60.10	8:41:26	8:40	3	2:09:47	11	2:33:34
Egestorf	9.20	1:34:42	10:17	3	23:22	10	32:39	69.30	10:16:08	8:53	3	2:13:57	10	3:03:09
Salzhausen	10.70	1:43:43	9:41	3	25:14	9	31:28	80.00	11:59:51	8:59	3	2:20:02	10	3:34:37
Südergellersen	10.90	1:40:15	9:11	2	0:12	5	27:04	90.90	13:40:06	9:01	3	2:20:14	10	4:01:41
Sülzwiesen	9.10	1:15:43	8:19	2	0:40	7	1:15:43	100.00	14:55:49	8:57	3	2:20:54	10	4:17:50