



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Carmen Austin

Club: Laufftreff Geesthacht
Number: 39

Course: 100.00 km
Ultra-Marathon Einzel

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 13:37:24

Speed: 7.34 km/h
Running performance: 8:10 min/km

Rank in course/Total: 40 (of 63)

Rank in course/Women: 7 (of 12)

Best time in course: 10:37:59

Rank in category: 1(of 1)

Best time in the category: 13:37:24

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	1:08:15	6:37	1	-	6	7:47	10.30	1:08:15	6:37	1	-	6	7:47
Amelinghausen	13.80	1:40:37	7:17	1	-	10	20:11	24.10	2:48:52	7:00	1	-	8	27:58
Schwindebeck	9.40	1:16:26	8:07	1	-	9	19:21	33.50	4:05:18	7:19	1	-	9	46:20
Bispingen	8.90	1:14:18	8:20	1	-	9	22:00	42.40	5:19:36	7:32	1	-	9	1:08:20
Overhaverbeck	10.80	1:30:37	8:23	1	-	7	22:14	53.20	6:50:13	7:42	1	-	9	1:26:44
Undeloh	6.90	58:44	8:30	1	-	8	14:21	60.10	7:48:57	7:48	1	-	8	1:41:05
Egestorf	9.20	1:24:32	9:11	1	-	6	22:29	69.30	9:13:29	7:59	1	-	7	2:00:30
Salzhausen	10.70	1:33:04	8:41	1	-	6	20:49	80.00	10:46:33	8:04	1	-	7	2:21:19
Südergellersen	10.90	1:38:22	9:01	1	-	3	25:11	90.90	12:24:55	8:11	1	-	7	2:46:30
Sülzwiesen	9.10	1:12:29	7:57	1	-	4	1:12:29	100.00	13:37:24	8:10	1	-	7	2:59:25