



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detalizēti rezultāti

Hamburg Running Rockets 2

Klubs: Hamburg Running

Numurs: 308

Posms: 100.00 km

Ultra-Marathon 5-10er Staffel

Grupa:

5-10er Staffel

Kopējais laiks: 8:43:24

Ātrums: 11.46 km/h

Skrējiena izpildījums: 5:14 min/km

Vieta distancē: 6 (no 28)

Distances labākais laiks: 7:25:02

Vieta grupā: 6(no 28)

Grupas labākais laiks: 7:25:02

Vidējie laiki

Posma rezultāts

Kopējais rezultāts

| Kontrolpunkts | Posma rezultāts | | | Vietāztrūkums:Vietāztrūkums | | Kopējais rezultāts | | | Vietāztrūkums:Vietāztrūkums | | | | | |
|----------------|-----------------|-------------|--------------|-----------------------------|-------|--------------------|-------|--------|-----------------------------|-------|------|---------|---|---------|
| | Posma km | Posma Laiks | Posma min/km | grupā | grupā | Kopā | Kopā | Kopā | grupā | grupā | Kopā | Kopā | | |
| Südergellersen | 10.30 | 51:10 | 4:58 | 5 | 10:41 | 5 | 10:41 | 10.30 | 51:10 | 4:58 | 5 | 10:41 | 5 | 10:41 |
| Amelinghausen | 13.80 | 1:05:26 | 4:44 | 6 | 13:12 | 6 | 13:12 | 24.10 | 1:56:36 | 4:50 | 6 | 20:27 | 6 | 20:27 |
| Schwindebeck | 9.40 | 49:35 | 5:16 | 8 | 8:05 | 8 | 8:05 | 33.50 | 2:46:11 | 4:57 | 5 | 20:52 | 5 | 20:52 |
| Bispingen | 8.90 | 47:38 | 5:21 | 9 | 14:12 | 9 | 14:12 | 42.40 | 3:33:49 | 5:02 | 6 | 35:04 | 6 | 35:04 |
| Overhaverbeck | 10.80 | 55:06 | 5:06 | 12 | 11:30 | 12 | 11:30 | 53.20 | 4:28:55 | 5:03 | 5 | 46:34 | 5 | 46:34 |
| Undeloh | 6.90 | 38:12 | 5:32 | 10 | 7:27 | 10 | 7:27 | 60.10 | 5:07:07 | 5:06 | 4 | 51:21 | 4 | 51:21 |
| Egestorf | 9.20 | 47:28 | 5:09 | 5 | 6:23 | 5 | 6:23 | 69.30 | 5:54:35 | 5:06 | 5 | 55:59 | 5 | 55:59 |
| Salzhausen | 10.70 | 56:09 | 5:14 | 11 | 11:51 | 11 | 11:51 | 80.00 | 6:50:44 | 5:08 | 5 | 1:03:15 | 5 | 1:03:15 |
| Südergellersen | 10.90 | 1:05:16 | 5:59 | 13 | 24:17 | 13 | 24:17 | 90.90 | 7:56:00 | 5:14 | 6 | 1:15:16 | 6 | 1:15:16 |
| Sülzwiesen | 9.10 | 47:24 | 5:12 | 8 | 12:40 | 8 | 12:40 | 100.00 | 8:43:24 | 5:14 | 6 | 1:18:22 | 6 | 1:18:22 |