



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Jan-Hendrik Kuessner

Total time: 9:08:12

Number: 34

Speed: 10.94 km/h

Running performance: 5:28 min/km

Course: 100.00 km

Rank in course/Total: 1 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 1 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 1(of 2)

Männer (20-29 Jahre)

Best time in the category: 9:08:12

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	54:02	5:14	1	-	5	0:13	10.30	54:02	5:14	1	-	5	0:13
Amelinghausen	13.80	1:06:09	4:47	1	-	1	-	24.10	2:00:11	4:59	1	-	1	-
Schwindebeck	9.40	44:28	4:43	1	-	1	-	33.50	2:44:39	4:54	1	-	1	-
Bispingen	8.90	43:48	4:55	1	-	1	-	42.40	3:28:27	4:54	1	-	1	-
Overhaverbeck	10.80	55:20	5:07	1	-	1	-	53.20	4:23:47	4:57	1	-	1	-
Undeloh	6.90	37:42	5:27	1	-	1	-	60.10	5:01:29	5:00	1	-	1	-
Egestorf	9.20	53:30	5:48	1	-	1	-	69.30	5:54:59	5:07	1	-	1	-
Salzhausen	10.70	1:04:09	5:59	1	-	1	-	80.00	6:59:08	5:14	1	-	1	-
Südergellersen	10.90	1:09:59	6:25	1	-	1	-	90.90	8:09:07	5:22	1	-	1	-
Sülzwiesen	9.10	59:05	6:29	2	8:09	8	59:05	100.00	9:08:12	5:28	1	-	1	-