



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Julius Dubitzky

Number: 14

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Männer (20-29 Jahre)

Total time: 11:57:19

Speed: 8.36 km/h

Running performance: 7:10 min/km

Rank in course/Total: 22 (of 63)

Rank in course/Men: 20 (of 51)

Best time in course: 9:08:12

Rank in category: 2(of 2)

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	1:10:07	6:48	2	16:05	43	16:18	10.30	1:10:07	6:48	2	16:05	43	16:18
Amelinghausen	13.80	1:33:02	6:44	2	26:53	41	26:53	24.10	2:43:09	6:46	2	42:58	42	42:58
Schwindebeck	9.40	1:04:04	6:48	2	19:36	36	19:36	33.50	3:47:13	6:46	2	1:02:34	38	1:02:34
Bispingen	8.90	1:02:23	7:00	2	18:35	31	18:35	42.40	4:49:36	6:49	2	1:21:09	36	1:21:09
Overhaverbeck	10.80	1:17:06	7:08	2	21:46	21	21:46	53.20	6:06:42	6:53	2	1:42:55	33	1:42:55
Undeloh	6.90	56:46	8:13	2	19:04	30	19:04	60.10	7:03:28	7:02	2	2:01:59	32	2:01:59
Egestorf	9.20	1:12:36	7:53	2	19:06	19	19:06	69.30	8:16:04	7:09	2	2:21:05	27	2:21:05
Salzhausen	10.70	1:21:39	7:37	2	17:30	17	17:30	80.00	9:37:43	7:13	2	2:38:35	26	2:38:35
Südergellersen	10.90	1:28:40	8:08	2	18:41	15	18:41	90.90	11:06:23	7:19	2	2:57:16	26	2:57:16
Sülzwiesen	9.10	50:56	5:35	1	-	3	50:56	100.00	11:57:19	7:10	2	2:49:07	20	2:49:07