



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Sören Hand

Total time: 9:57:43

Number: 71

Speed: 10.04 km/h

Running performance: 5:58 min/km

Course: 100.00 km

Rank in course/Total: 4 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 4 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 1(of 6)

Senioren M30 (30-34 Jahre)

Best time in the category: 9:57:43

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	54:00	5:14	2	0:05	4	0:11	10.30	54:00	5:14	2	0:05	4	0:11
Amelinghausen	13.80	1:09:54	5:03	1	-	2	3:45	24.10	2:03:54	5:08	1	-	2	3:43
Schwindebeck	9.40	48:49	5:11	2	0:01	4	4:21	33.50	2:52:43	5:09	1	-	2	8:04
Bispingen	8.90	48:21	5:25	2	0:53	5	4:33	42.40	3:41:04	5:12	2	0:38	4	12:37
Overhaverbeck	10.80	1:01:14	5:40	2	0:42	4	5:54	53.20	4:42:18	5:18	2	1:20	4	18:31
Undeloh	6.90	42:46	6:11	2	1:24	6	5:04	60.10	5:25:04	5:24	2	2:44	4	23:35
Egestorf	9.20	1:02:34	6:48	1	-	8	9:04	69.30	6:27:38	5:35	1	-	3	32:39
Salzhausen	10.70	1:13:04	6:49	1	-	6	8:55	80.00	7:40:42	5:45	1	-	3	41:34
Südergellersen	10.90	1:17:43	7:07	2	0:11	8	7:44	90.90	8:58:25	5:55	1	-	3	49:18
Sülzwiesen	9.10	59:18	6:30	2	2:39	9	59:18	100.00	9:57:43	5:58	1	-	4	49:31