



## 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

### Detailed evaluation

Christoph Eikmeier

Number: 15

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M30 (30-34 Jahre)

Total time: 10:07:34

Speed: 9.88 km/h

Running performance: 6:04 min/km

Rank in course/Total: 5 (of 63)

Rank in course/Men: 5 (of 51)

Best time in course: 9:08:12

Rank in category: 2(of 6)

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	53:55	5:14	1	-	3	0:06	10.30	53:55	5:14	1	-	3	0:06
Amelinghausen	13.80	1:10:15	5:05	2	0:21	3	4:06	24.10	2:04:10	5:09	2	0:16	3	3:59
Schwindebeck	9.40	48:48	5:11	1	-	3	4:20	33.50	2:52:58	5:09	2	0:15	4	8:19
Bispingen	8.90	47:28	5:19	1	-	2	3:40	42.40	3:40:26	5:11	1	-	2	11:59
Overhaverbeck	10.80	1:00:32	5:36	1	-	2	5:12	53.20	4:40:58	5:16	1	-	2	17:11
Undeloh	6.90	41:22	5:59	1	-	4	3:40	60.10	5:22:20	5:21	1	-	3	20:51
Egestorf	9.20	1:07:40	7:21	3	5:06	13	14:10	69.30	6:30:00	5:37	2	2:22	4	35:01
Salzhausen	10.70	1:16:38	7:09	2	3:34	12	12:29	80.00	7:46:38	5:49	2	5:56	4	47:30
Südergellersen	10.90	1:17:32	7:06	1	-	7	7:33	90.90	9:04:10	5:59	2	5:45	4	55:03
Sülzwiesen	9.10	1:03:24	6:58	4	6:45	16	1:03:24	100.00	10:07:34	6:04	2	9:51	5	59:22