



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Oliver Schaltegger

Number: 47

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M30 (30-34 Jahre)

Total time: 10:25:49

Speed: 9.59 km/h

Running performance: 6:15 min/km

Rank in course/Total: 6 (of 63)

Rank in course/Men: 6 (of 51)

Best time in course: 9:08:12

Rank in category: 3(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	55:55	5:25	3	2:00	10	2:06	10.30	55:55	5:25	3	2:00	10	2:06
Amelinghausen	13.80	1:15:23	5:27	3	5:29	10	9:14	24.10	2:11:18	5:26	3	7:24	10	11:07
Schwindebeck	9.40	50:13	5:20	3	1:25	6	5:45	33.50	3:01:31	5:25	3	8:48	7	16:52
Bispingen	8.90	50:25	5:39	3	2:57	8	6:37	42.40	3:51:56	5:28	3	11:30	8	23:29
Overhaverbeck	10.80	1:06:03	6:06	3	5:31	5	10:43	53.20	4:57:59	5:36	3	17:01	6	34:12
Undeloh	6.90	45:02	6:31	3	3:40	9	7:20	60.10	5:43:01	5:42	3	20:41	6	41:32
Egestorf	9.20	1:03:58	6:57	2	1:24	9	10:28	69.30	6:46:59	5:52	3	19:21	6	52:00
Salzhausen	10.70	1:18:35	7:20	3	5:31	14	14:26	80.00	8:05:34	6:04	3	24:52	7	1:06:26
Südergellersen	10.90	1:18:42	7:13	3	1:10	9	8:43	90.90	9:24:16	6:12	3	25:51	6	1:15:09
Sülzwiesen	9.10	1:01:33	6:45	3	4:54	13	1:01:33	100.00	10:25:49	6:15	3	28:06	6	1:17:37