



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Lars Solheid

Total time: 12:46:41

Number: 58

Speed: 7.83 km/h

Running performance: 7:40 min/km

Course: 100.00 km

Rank in course/Total: 33 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 28 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 5(of 6)

Senioren M30 (30-34 Jahre)

Best time in the category: 9:57:43

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	1:08:48	6:40	5	14:53	40	14:59	10.30	1:08:48	6:40	5	14:53	40	14:59
Amelinghausen	13.80	1:29:36	6:29	6	19:42	33	23:27	24.10	2:38:24	6:34	5	34:30	40	38:13
Schwindebeck	9.40	1:05:26	6:57	5	16:38	37	20:58	33.50	3:43:50	6:40	6	51:07	36	59:11
Bispingen	8.90	1:01:30	6:54	4	14:02	30	17:42	42.40	4:45:20	6:43	4	1:04:54	32	1:16:53
Overhaverbeck	10.80	1:31:28	8:28	5	30:56	39	36:08	53.20	6:16:48	7:04	5	1:35:50	37	1:53:01
Undeloh	6.90	51:32	7:28	4	10:10	21	13:50	60.10	7:08:20	7:07	5	1:46:00	36	2:06:51
Egestorf	9.20	1:18:06	8:29	5	15:32	27	24:36	69.30	8:26:26	7:18	5	1:58:48	33	2:31:27
Salzhausen	10.70	1:26:17	8:03	5	13:13	23	22:08	80.00	9:52:43	7:24	5	2:12:01	29	2:53:35
Südergellersen	10.90	1:37:31	8:56	5	19:59	19	27:32	90.90	11:30:14	7:35	5	2:31:49	29	3:21:07
Sülzwiesen	9.10	1:16:27	8:24	5	19:48	27	1:16:27	100.00	12:46:41	7:40	5	2:48:58	28	3:38:29