



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Matthias Kögel

Total time: 10:35:11

Number: 30

Speed: 9.45 km/h

Running performance: 6:21 min/km

Course: 100.00 km

Rank in course/Total: 8 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 8 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 1(of 3)

Senioren M35 (35-39 Jahre)

Best time in the category: 10:35:11

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	54:39	5:18	1	-	6	0:50	10.30	54:39	5:18	1	-	6	0:50
Amelinghausen	13.80	1:11:21	5:10	1	-	6	5:12	24.10	2:06:00	5:13	1	-	6	5:49
Schwindebeck	9.40	50:27	5:22	1	-	7	5:59	33.50	2:56:27	5:16	1	-	6	11:48
Bispingen	8.90	47:53	5:22	1	-	4	4:05	42.40	3:44:20	5:17	1	-	6	15:53
Overhaverbeck	10.80	1:52:44	10:26	3	44:20	47	57:24	53.20	5:37:04	6:20	2	12:04	22	1:13:17
Undeloh	6.90	39:40	5:44	1	-	2	1:58	60.10	6:16:44	6:16	2	5:49	17	1:15:15
Egestorf	9.20	56:27	6:08	1	-	2	2:57	69.30	7:13:11	6:15	1	-	14	1:18:12
Salzhausen	10.70	1:08:28	6:23	1	-	5	4:19	80.00	8:21:39	6:16	1	-	9	1:22:31
Südergellersen	10.90	1:15:28	6:55	1	-	5	5:29	90.90	9:37:07	6:20	1	-	9	1:28:00
Sülzwiesen	9.10	58:04	6:22	2	2:32	6	58:04	100.00	10:35:11	6:21	1	-	8	1:26:59