



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Philipp Weber

Club: SV Nienhagen

Number: 66

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M35 (35-39 Jahre)

Total time: 11:29:43

Speed: 8.70 km/h

Running performance: 6:53 min/km

Rank in course/Total: 18 (of 63)

Rank in course/Men: 16 (of 51)

Best time in course: 9:08:12

Rank in category: 2(of 3)

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	1:02:32	6:04	2	7:53	26	8:43	10.30	1:02:32	6:04	2	7:53	26	8:43
Amelinghausen	13.80	1:20:26	5:49	2	9:05	18	14:17	24.10	2:22:58	5:55	2	16:58	21	22:47
Schwindebeck	9.40	58:26	6:12	2	7:59	22	13:58	33.50	3:21:24	6:00	2	24:57	21	36:45
Bispingen	8.90	55:12	6:12	2	7:19	18	11:24	42.40	4:16:36	6:03	2	32:16	19	48:09
Overhaverbeck	10.80	1:08:24	6:19	1	-	10	13:04	53.20	5:25:00	6:06	1	-	16	1:01:13
Undeloh	6.90	45:55	6:39	2	6:15	11	8:13	60.10	6:10:55	6:10	1	-	16	1:09:26
Egestorf	9.20	1:10:27	7:39	2	14:00	16	16:57	69.30	7:21:22	6:22	2	8:11	16	1:26:23
Salzhausen	10.70	1:21:06	7:34	2	12:38	16	16:57	80.00	8:42:28	6:31	2	20:49	17	1:43:20
Südergellersen	10.90	1:51:43	10:14	2	36:15	35	41:44	90.90	10:34:11	6:58	2	57:04	18	2:25:04
Sülzwiesen	9.10	55:32	6:06	1	-	4	55:32	100.00	11:29:43	6:53	2	54:32	16	2:21:31