



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Frederic Schölzel

Number: 51

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M35 (35-39 Jahre)

Total time: 14:46:01

Speed: 6.77 km/h

Running performance: 8:51 min/km

Rank in course/Total: 45 (of 63)

Rank in course/Men: 37 (of 51)

Best time in course: 9:08:12

Rank in category: 3(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	1:13:09	7:06	3	18:30	47	19:20	10.30	1:13:09	7:06	3	18:30	47	19:20
Amelinghausen	13.80	1:36:22	6:58	3	25:01	46	30:13	24.10	2:49:31	7:02	3	43:31	47	49:20
Schwindebeck	9.40	1:13:47	7:50	3	23:20	46	29:19	33.50	4:03:18	7:15	3	1:06:51	44	1:18:39
Bispingen	8.90	1:09:02	7:45	3	21:09	41	25:14	42.40	5:12:20	7:21	3	1:28:00	44	1:43:53
Overhaverbeck	10.80	1:31:38	8:29	2	23:14	40	36:18	53.20	6:43:58	7:35	3	1:18:58	45	2:20:11
Undeloh	6.90	1:01:59	8:58	3	22:19	39	24:17	60.10	7:45:57	7:45	3	1:35:02	43	2:44:28
Egestorf	9.20	1:28:07	9:34	3	31:40	34	34:37	69.30	9:14:04	7:59	3	2:00:53	39	3:19:05
Salzhausen	10.70	1:51:50	10:27	3	43:22	38	47:41	80.00	11:05:54	8:19	3	2:44:15	39	4:06:46
Südergellersen	10.90	1:56:21	10:40	3	40:53	37	46:22	90.90	13:02:15	8:36	3	3:25:08	35	4:53:08
Sülzwiesen	9.10	1:43:46	11:24	3	48:14	42	1:43:46	100.00	14:46:01	8:51	3	4:10:50	37	5:37:49