



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Martin Watzke

Club: TuS Lehmden

Number: 65

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M40 (40-44 Jahre)

Total time: 9:43:30

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 2 (of 63)

Rank in course/Men: 2 (of 51)

Best time in course: 9:08:12

Rank in category: 1(of 9)

Best time in the category: 9:43:30

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	53:49	5:13	1	-	1	-	10.30	53:49	5:13	1	-	1	-
Amelinghausen	13.80	1:10:21	5:05	1	-	5	4:12	24.10	2:04:10	5:09	1	-	3	3:59
Schwindebeck	9.40	48:34	5:10	1	-	2	4:06	33.50	2:52:44	5:09	1	-	3	8:05
Bispingen	8.90	47:51	5:22	1	-	3	4:03	42.40	3:40:35	5:12	1	-	3	12:08
Overhaverbeck	10.80	1:00:40	5:37	1	-	3	5:20	53.20	4:41:15	5:17	1	-	3	17:28
Undeloh	6.90	40:16	5:50	1	-	3	2:34	60.10	5:21:31	5:20	1	-	2	20:02
Egestorf	9.20	56:52	6:10	1	-	3	3:22	69.30	6:18:23	5:27	1	-	2	23:24
Salzhausen	10.70	1:08:13	6:22	1	-	3	4:04	80.00	7:26:36	5:34	1	-	2	27:28
Südergellersen	10.90	1:16:57	7:03	1	-	6	6:58	90.90	8:43:33	5:45	1	-	2	34:26
Sülzwiesen	9.10	59:57	6:35	1	-	11	59:57	100.00	9:43:30	5:50	1	-	2	35:18