



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Patrick Schulze

Total time: 10:44:22

Number: 54

Speed: 9.31 km/h

Running performance: 6:26 min/km

Course: 100.00 km

Rank in course/Total: 10 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 9 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 2(of 9)

Senioren M40 (40-44 Jahre)

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	1:00:50	5:54	4	7:01	19	7:01	10.30	1:00:50	5:54	4	7:01	19	7:01
Amelinghausen	13.80	1:21:25	5:53	5	11:04	22	15:16	24.10	2:22:15	5:54	4	18:05	18	22:04
Schwindebeck	9.40	57:24	6:06	5	8:50	20	12:56	33.50	3:19:39	5:57	4	26:55	17	35:00
Bispingen	8.90	54:43	6:08	4	6:52	16	10:55	42.40	4:14:22	5:59	4	33:47	16	45:55
Overhaverbeck	10.80	1:07:53	6:17	4	7:13	9	12:33	53.20	5:22:15	6:03	5	41:00	15	58:28
Undeloh	6.90	45:55	6:39	2	5:39	11	8:13	60.10	6:08:10	6:07	3	46:39	13	1:06:41
Egestorf	9.20	58:44	6:23	3	1:52	6	5:14	69.30	7:06:54	6:09	4	48:31	11	1:11:55
Salzhausen	10.70	1:16:09	7:07	2	7:56	9	12:00	80.00	8:23:03	6:17	3	56:27	11	1:23:55
Südergellersen	10.90	1:19:24	7:17	2	2:27	10	9:25	90.90	9:42:27	6:24	3	58:54	11	1:33:20
Sülzwiesen	9.10	1:01:55	6:48	2	1:58	14	1:01:55	100.00	10:44:22	6:26	2	1:00:52	9	1:36:10