



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Stefan Schumacher

Club: für Mathilda

Number: 55

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M40 (40-44 Jahre)

Total time: 10:44:23

Speed: 9.31 km/h

Running performance: 6:26 min/km

Rank in course/Total: 11 (of 63)

Rank in course/Men: 10 (of 51)

Best time in course: 9:08:12

Rank in category: 3(of 9)

Best time in the category: 9:43:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Südergellersen	10.30	1:01:00	5:55	5	7:11	20	7:11	10.30	1:01:00	5:55	5	7:11	20	7:11
Amelinghausen	13.80	1:21:16	5:53	4	10:55	21	15:07	24.10	2:22:16	5:54	5	18:06	19	22:05
Schwindebeck	9.40	57:23	6:06	4	8:49	19	12:55	33.50	3:19:39	5:57	4	26:55	17	35:00
Bispingen	8.90	54:44	6:08	5	6:53	17	10:56	42.40	4:14:23	5:59	5	33:48	17	45:56
Overhaverbeck	10.80	1:07:51	6:16	3	7:11	8	12:31	53.20	5:22:14	6:03	4	40:59	14	58:27
Undeloh	6.90	45:57	6:39	3	5:41	13	8:15	60.10	6:08:11	6:07	4	46:40	14	1:06:42
Egestorf	9.20	58:42	6:22	2	1:50	5	5:12	69.30	7:06:53	6:09	3	48:30	10	1:11:54
Salzhausen	10.70	1:16:09	7:07	2	7:56	9	12:00	80.00	8:23:02	6:17	2	56:26	10	1:23:54
Südergellersen	10.90	1:19:24	7:17	2	2:27	10	9:25	90.90	9:42:26	6:24	2	58:53	10	1:33:19
Sülzwiesen	9.10	1:01:57	6:48	3	2:00	15	1:01:57	100.00	10:44:23	6:26	3	1:00:53	10	1:36:11