



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Thomas Probst

Total time: 11:48:34

Number: 70

Speed: 8.47 km/h

Running performance: 7:05 min/km

Course: 100.00 km

Rank in course/Total: 20 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 18 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 4(of 9)

Senioren M40 (40-44 Jahre)

Best time in the category: 9:43:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Südergellersen	10.30	57:34	5:35	3	3:45	14	3:45	10.30	57:34	5:35	3	3:45	14	3:45
Amelinghausen	13.80	1:15:46	5:29	2	5:25	11	9:37	24.10	2:13:20	5:31	2	9:10	12	13:09
Schwindebeck	9.40	53:06	5:38	2	4:32	9	8:38	33.50	3:06:26	5:33	2	13:42	11	21:47
Bispingen	8.90	51:09	5:44	2	3:18	9	7:21	42.40	3:57:35	5:36	2	17:00	11	29:08
Overhaverbeck	10.80	1:07:26	6:14	2	6:46	7	12:06	53.20	5:05:01	5:44	2	23:46	9	41:14
Undeloh	6.90	46:04	6:40	4	5:48	14	8:22	60.10	5:51:05	5:50	2	29:34	8	49:36
Egestorf	9.20	1:13:33	7:59	4	16:41	22	20:03	69.30	7:04:38	6:07	2	46:15	9	1:09:39
Salzhausen	10.70	1:36:15	8:59	8	28:02	31	32:06	80.00	8:40:53	6:30	4	1:14:17	15	1:41:45
Südergellersen	10.90	1:49:40	10:03	9	32:43	30	39:41	90.90	10:30:33	6:56	4	1:47:00	17	2:21:26
Sülzwiesen	9.10	1:18:01	8:34	6	18:04	28	1:18:01	100.00	11:48:34	7:05	4	2:05:04	18	2:40:22