



## 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

### Detailed evaluation

Rafael Siems

Total time: 12:00:33

Number: 57

Speed: 8.33 km/h

Running performance: 7:12 min/km

Course: 100.00 km

Rank in course/Total: 25 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 23 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 5(of 9)

Senioren M40 (40-44 Jahre)

Best time in the category: 9:43:30

### 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	56:47	5:30	2	2:58	12	2:58	10.30	56:47	5:30	2	2:58	12	2:58
Amelinghausen	13.80	1:16:34	5:32	3	6:13	12	10:25	24.10	2:13:21	5:31	3	9:11	13	13:10
Schwindebeck	9.40	55:44	5:55	3	7:10	15	11:16	33.50	3:09:05	5:38	3	16:21	14	24:26
Bispingen	8.90	53:17	5:59	3	5:26	14	9:29	42.40	4:02:22	5:42	3	21:47	13	33:55
Overhaverbeck	10.80	1:12:23	6:42	6	11:43	18	17:03	53.20	5:14:45	5:54	3	33:30	10	50:58
Undeloh	6.90	54:13	7:51	6	13:57	26	16:31	60.10	6:08:58	6:08	5	47:27	15	1:07:29
Egestorf	9.20	1:14:10	8:03	5	17:18	23	20:40	69.30	7:23:08	6:23	5	1:04:45	17	1:28:09
Salzhausen	10.70	1:25:06	7:57	4	16:53	22	20:57	80.00	8:48:14	6:36	5	1:21:38	19	1:49:06
Südergellersen	10.90	1:46:01	9:43	5	29:04	25	36:02	90.90	10:34:15	6:58	5	1:50:42	19	2:25:08
Sülzwiesen	9.10	1:26:18	9:29	8	26:21	33	1:26:18	100.00	12:00:33	7:12	5	2:17:03	23	2:52:21