



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Gordian Kater

Club: TSV Fuhlen

Number: 28

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M40 (40-44 Jahre)

Total time: 12:58:59

Speed: 7.70 km/h

Running performance: 7:47 min/km

Rank in course/Total: 34 (of 63)

Rank in course/Men: 29 (of 51)

Best time in course: 9:08:12

Rank in category: 7(of 9)

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	1:03:33	6:10	7	9:44	28	9:44	10.30	1:03:33	6:10	7	9:44	28	9:44
Amelinghausen	13.80	1:24:15	6:06	6	13:54	27	18:06	24.10	2:27:48	6:07	7	23:38	29	27:37
Schwindebeck	9.40	58:34	6:13	6	10:00	24	14:06	33.50	3:26:22	6:09	6	33:38	26	41:43
Bispingen	8.90	1:00:46	6:49	7	12:55	28	16:58	42.40	4:27:08	6:18	7	46:33	26	58:41
Overhaverbeck	10.80	1:18:32	7:16	7	17:52	23	23:12	53.20	5:45:40	6:29	7	1:04:25	26	1:21:53
Undeloh	6.90	1:00:10	8:43	8	19:54	35	22:28	60.10	6:45:50	6:45	7	1:24:19	26	1:44:21
Egestorf	9.20	1:22:16	8:56	7	25:24	31	28:46	69.30	8:08:06	7:02	7	1:49:43	25	2:13:07
Salzhausen	10.70	1:30:47	8:29	6	22:34	26	26:38	80.00	9:38:53	7:14	7	2:12:17	27	2:39:45
Südergellersen	10.90	1:47:26	9:51	8	30:29	29	37:27	90.90	11:26:19	7:33	7	2:42:46	27	3:17:12
Sülzwiesen	9.10	1:32:40	10:10	9	32:43	35	1:32:40	100.00	12:58:59	7:47	7	3:15:29	29	3:50:47