



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Sebastian Schlaak

Number: 48

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M40 (40-44 Jahre)

Total time: 13:11:40

Speed: 7.58 km/h

Running performance: 7:54 min/km

Rank in course/Total: 37 (of 63)

Rank in course/Men: 31 (of 51)

Best time in course: 9:08:12

Rank in category: 8(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	1:07:53	6:35	9	14:04	38	14:04	10.30	1:07:53	6:35	9	14:04	38	14:04
Amelinghausen	13.80	1:30:23	6:32	8	20:02	36	24:14	24.10	2:38:16	6:34	9	34:06	38	38:05
Schwindebeck	9.40	1:07:46	7:12	9	19:12	39	23:18	33.50	3:46:02	6:44	9	53:18	37	1:01:23
Bispingen	8.90	1:07:03	7:32	8	19:12	38	23:15	42.40	4:53:05	6:54	9	1:12:30	39	1:24:38
Overhaverbeck	10.80	1:26:57	8:03	9	26:17	37	31:37	53.20	6:20:02	7:08	9	1:38:47	38	1:56:15
Undeloh	6.90	fehlt!	-	-	-	-	-	60.10	-	-	-	-	-	-
Egestorf	9.20	2:17:22	14:55	9	1:20:30	45	1:23:52	69.30	8:37:24	7:27	8	2:19:01	35	2:42:25
Salzhausen	10.70	1:34:54	8:52	7	26:41	30	30:45	80.00	10:12:18	7:39	8	2:45:42	33	3:13:10
Südergellersen	10.90	1:45:36	9:41	4	28:39	24	35:37	90.90	11:57:54	7:53	8	3:14:21	31	3:48:47
Sülzwiesen	9.10	1:13:46	8:06	4	13:49	22	1:13:46	100.00	13:11:40	7:54	8	3:28:10	31	4:03:28