



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Björn Baars

Total time: 13:25:57

Number: 3

Speed: 7.44 km/h

Running performance: 8:03 min/km

Course: 100.00 km

Rank in course/Total: 39 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 33 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 9(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	1:05:31	6:21	8	11:42	34	11:42	10.30	1:05:31	6:21	8	11:42	34	11:42
Amelinghausen	13.80	1:30:49	6:34	9	20:28	37	24:40	24.10	2:36:20	6:29	8	32:10	32	36:09
Schwindebeck	9.40	1:02:32	6:39	8	13:58	31	18:04	33.50	3:38:52	6:31	8	46:08	30	54:13
Bispingen	8.90	1:09:45	7:50	9	21:54	42	25:57	42.40	4:48:37	6:48	8	1:08:02	35	1:20:10
Overhaverbeck	10.80	1:21:20	7:31	8	20:40	29	26:00	53.20	6:09:57	6:57	8	1:28:42	34	1:46:10
Undeloh	6.90	54:45	7:56	7	14:29	27	17:03	60.10	7:04:42	7:03	8	1:43:11	35	2:03:13
Egestorf	9.20	1:36:11	10:27	8	39:19	41	42:41	69.30	8:40:53	7:30	9	2:22:30	36	2:45:54
Salzhausen	10.70	1:39:09	9:15	9	30:56	32	35:00	80.00	10:20:02	7:45	9	2:53:26	34	3:20:54
Südergellersen	10.90	1:46:09	9:44	6	29:12	26	36:10	90.90	12:06:11	7:59	9	3:22:38	33	3:57:04
Sülzwiesen	9.10	1:19:46	8:45	7	19:49	30	1:19:46	100.00	13:25:57	8:03	9	3:42:27	33	4:17:45