



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Markus Cramer

Club: Ultrafriesen/ Concordia Neermoor
Number: 9

Course: 100.00 km
Ultra-Marathon Einzel

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:07:48

Speed: 8.24 km/h
Running performance: 7:16 min/km

Rank in course/Total: 26 (of 63)

Rank in course/Men: 24 (of 51)

Best time in course: 9:08:12

Rank in category: 4(of 10)

Best time in the category: 10:45:12

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	1:03:53	6:12	5	10:01	29	10:04	10.30	1:03:53	6:12	5	10:01	29	10:04
Amelinghausen	13.80	1:21:15	5:53	4	10:57	20	15:06	24.10	2:25:08	6:01	4	20:58	24	24:57
Schwindebeck	9.40	59:02	6:16	4	10:13	26	14:34	33.50	3:24:10	6:05	4	31:11	23	39:31
Bispingen	8.90	55:59	6:17	4	6:50	19	12:11	42.40	4:20:09	6:08	4	36:58	21	51:42
Overhaverbeck	10.80	1:14:50	6:55	3	8:30	20	19:30	53.20	5:34:59	6:17	4	37:36	20	1:11:12
Undeloh	6.90	50:32	7:19	4	7:12	20	12:50	60.10	6:25:31	6:24	4	44:48	19	1:24:02
Egestorf	9.20	1:13:01	7:56	4	5:57	20	19:31	69.30	7:38:32	6:36	4	50:45	21	1:43:33
Salzhausen	10.70	1:32:26	8:38	5	16:23	29	28:17	80.00	9:10:58	6:53	4	1:07:08	21	2:11:50
Südergellersen	10.90	1:50:43	10:09	5	30:56	32	40:44	90.90	11:01:41	7:16	4	1:26:07	23	2:52:34
Sülzwiesen	9.10	1:06:07	7:15	2	6:33	17	1:06:07	100.00	12:07:48	7:16	4	1:22:36	24	2:59:36