



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Feetu Nyrhinen

Total time: 13:03:27

Number: 45

Speed: 7.66 km/h

Running performance: 7:50 min/km

Course: 100.00 km

Rank in course/Total: 35 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 30 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 5(of 10)

Senioren M45 (45-49 Jahre)

Best time in the category: 10:45:12

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|--------|----------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Südergellersen | 10.30 | 1:05:05 | 6:19 | 7 | 11:13 | 32 | 11:16 | 10.30 | 1:05:05 | 6:19 | 7 | 11:13 | 32 | 11:16 |
| Amelinghausen | 13.80 | 1:31:16 | 6:36 | 7 | 20:58 | 38 | 25:07 | 24.10 | 2:36:21 | 6:29 | 6 | 32:11 | 33 | 36:10 |
| Schwindebeck | 9.40 | 59:15 | 6:18 | 5 | 10:26 | 27 | 14:47 | 33.50 | 3:35:36 | 6:26 | 5 | 42:37 | 29 | 50:57 |
| Bispingen | 8.90 | 59:53 | 6:43 | 5 | 10:44 | 24 | 16:05 | 42.40 | 4:35:29 | 6:29 | 5 | 52:18 | 28 | 1:07:02 |
| Overhaverbeck | 10.80 | 1:20:35 | 7:27 | 5 | 14:15 | 28 | 25:15 | 53.20 | 5:56:04 | 6:41 | 5 | 58:41 | 28 | 1:32:17 |
| Undeloh | 6.90 | 1:08:08 | 9:52 | 8 | 24:48 | 43 | 30:26 | 60.10 | 7:04:12 | 7:03 | 7 | 1:23:29 | 34 | 2:02:43 |
| Egestorf | 9.20 | 1:19:39 | 8:39 | 6 | 12:35 | 29 | 26:09 | 69.30 | 8:23:51 | 7:16 | 6 | 1:36:04 | 30 | 2:28:52 |
| Salzhausen | 10.70 | 1:30:49 | 8:29 | 4 | 14:46 | 27 | 26:40 | 80.00 | 9:54:40 | 7:25 | 5 | 1:50:50 | 30 | 2:55:32 |
| Südergellersen | 10.90 | 1:38:38 | 9:02 | 4 | 18:51 | 21 | 28:39 | 90.90 | 11:33:18 | 7:37 | 5 | 1:57:44 | 30 | 3:24:11 |
| Sülzwiesen | 9.10 | 1:30:09 | 9:54 | 5 | 30:35 | 34 | 1:30:09 | 100.00 | 13:03:27 | 7:50 | 5 | 2:18:15 | 30 | 3:55:15 |