



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Rico Mühlberg

Number: 72

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M45 (45-49 Jahre)

Rank in course/Total: DNF (of 63)

Rank in course/Men: DNF (of 51)

Best time in course: 9:08:12

Rank in category: DNF(of 10)

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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Südergellersen	10.30	1:05:01	6:18	6	11:09	31	11:12	10.30	1:05:01	6:18	6	11:09	31	11:12
Amelinghausen	13.80	1:31:36	6:38	8	21:18	40	25:27	24.10	2:36:37	6:29	7	32:27	34	36:26
Schwindebeck	9.40	1:02:32	6:39	7	13:43	31	18:04	33.50	3:39:09	6:32	6	46:10	32	54:30
Bispingen	8.90	1:00:55	6:50	7	11:46	29	17:07	42.40	4:40:04	6:36	6	56:53	29	1:11:37
Overhaverbeck	10.80	1:19:52	7:23	4	13:32	26	24:32	53.20	5:59:56	6:45	6	1:02:33	29	1:36:09
Undeloh	6.90	1:03:27	9:11	7	20:07	41	25:45	60.10	7:03:23	7:02	6	1:22:40	31	2:01:54
Egestorf	9.20	1:29:01	9:40	7	21:57	35	35:31	69.30	8:32:24	7:23	7	1:44:37	34	2:37:25
Salzhausen	10.70	5:50:12	32:43	8	4:34:09	44	4:46:03	80.00	14:22:36	10:46	8	6:18:46	44	7:23:28
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-
Sülzwiesen	9.10	-	-	7	-	43	-	100.00	-	-	-	-	-	-