



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 | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|----------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | - | - | - | - | - | - |