



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Tim Kremer

Club: LG Mauerweg

Number: 32

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	1:02:26	6:03	4	8:34	24	8:37	10.30	1:02:26	6:03	4	8:34	24	8:37
Amelinghausen	13.80	1:24:40	6:08	5	14:22	28	18:31	24.10	2:27:06	6:06	5	22:56	27	26:55
Schwindebeck	9.40	1:48:05	11:29	10	59:16	51	1:03:37	33.50	4:15:11	7:37	10	1:22:12	51	1:30:32
Bispingen	8.90	fehlt!	-	-	-	-	-	42.40	-	-	-	-	-	-
Overhaverbeck	10.80	fehlt!	-	-	-	-	-	53.20	-	-	-	-	-	-
Undeloh	6.90	fehlt!	-	-	-	-	-	60.10	-	-	-	-	-	-
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-
Sülzwiesen	9.10	-	-	7	-	43	-	100.00	-	-	-	-	-	-