



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Mike Kanbach

Club: Bovender SV

Number: 27

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M50 (50-54 Jahre)

Total time: 10:27:50

Speed: 9.56 km/h

Running performance: 6:16 min/km

Rank in course/Total: 7 (of 63)

Rank in course/Men: 7 (of 51)

Best time in course: 9:08:12

Rank in category: 1(of 9)

Best time in the category: 10:27:50

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	1:00:13	5:50	3	3:23	18	6:24	10.30	1:00:13	5:50	3	3:23	18	6:24
Amelinghausen	13.80	1:19:33	5:45	2	2:57	16	13:24	24.10	2:19:46	5:47	2	6:20	17	19:35
Schwindebeck	9.40	54:56	5:50	2	0:52	13	10:28	33.50	3:14:42	5:48	2	7:12	15	30:03
Bispingen	8.90	53:05	5:57	2	0:21	11	9:17	42.40	4:07:47	5:50	2	7:33	15	39:20
Overhaverbeck	10.80	1:08:31	6:20	1	-	11	13:11	53.20	5:16:18	5:56	1	-	12	52:31
Undeloh	6.90	43:12	6:15	1	-	7	5:30	60.10	5:59:30	5:58	1	-	10	58:01
Egestorf	9.20	1:00:42	6:35	1	-	7	7:12	69.30	7:00:12	6:03	1	-	8	1:05:13
Salzhausen	10.70	1:13:20	6:51	2	7:17	7	9:11	80.00	8:13:32	6:10	1	-	8	1:14:24
Südergellersen	10.90	1:15:25	6:55	2	1:44	4	5:26	90.90	9:28:57	6:15	1	-	7	1:19:50
Sülzwiesen	9.10	58:53	6:28	1	-	7	58:53	100.00	10:27:50	6:16	1	-	7	1:19:38