



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

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Club: Triabolos Triathlon Hamburg e.V.

Number: 52

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M50 (50-54 Jahre)

Total time: 10:53:23

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 13 (of 63)

Rank in course/Men: 12 (of 51)

Best time in course: 9:08:12

Rank in category: 2(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	59:49	5:48	2	2:59	17	6:00	10.30	59:49	5:48	2	2:59	17	6:00
Amelinghausen	13.80	1:25:48	6:13	7	9:12	30	19:39	24.10	2:25:37	6:02	6	12:11	25	25:26
Schwindebeck	9.40	58:34	6:13	6	4:30	24	14:06	33.50	3:24:11	6:05	6	16:41	24	39:32
Bispingen	8.90	1:08:44	7:43	7	16:00	40	24:56	42.40	4:32:55	6:26	6	32:41	27	1:04:28
Overhaverbeck	10.80	1:10:20	6:30	2	1:49	14	15:00	53.20	5:43:15	6:27	4	26:57	24	1:19:28
Undeloh	6.90	45:15	6:33	2	2:03	10	7:33	60.10	6:28:30	6:27	3	29:00	22	1:27:01
Egestorf	9.20	1:04:23	6:59	2	3:41	11	10:53	69.30	7:32:53	6:32	3	32:41	19	1:37:54
Salzhausen	10.70	1:06:03	6:10	1	-	2	1:54	80.00	8:38:56	6:29	2	25:24	14	1:39:48
Südergellersen	10.90	1:13:41	6:45	1	-	3	3:42	90.90	9:52:37	6:31	2	23:40	13	1:43:30
Sülzwiesen	9.10	1:00:46	6:40	2	1:53	12	1:00:46	100.00	10:53:23	6:32	2	25:33	12	1:45:11