



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Andreas Ludolph

Club: HNT Hamburg

Number: 38

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M50 (50-54 Jahre)

Total time: 11:35:55

Speed: 8.62 km/h

Running performance: 6:57 min/km

Rank in course/Total: 19 (of 63)

Rank in course/Men: 17 (of 51)

Best time in course: 9:08:12

Rank in category: 3(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	56:50	5:31	1	-	13	3:01	10.30	56:50	5:31	1	-	13	3:01
Amelinghausen	13.80	1:16:36	5:33	1	-	13	10:27	24.10	2:13:26	5:32	1	-	14	13:15
Schwindebeck	9.40	54:04	5:45	1	-	12	9:36	33.50	3:07:30	5:35	1	-	12	22:51
Bispingen	8.90	52:44	5:55	1	-	10	8:56	42.40	4:00:14	5:39	1	-	12	31:47
Overhaverbeck	10.80	1:18:57	7:18	5	10:26	25	23:37	53.20	5:19:11	5:59	2	2:53	13	55:24
Undeloh	6.90	46:52	6:47	3	3:40	15	9:10	60.10	6:06:03	6:05	2	6:33	12	1:04:34
Egestorf	9.20	1:15:17	8:10	4	14:35	24	21:47	69.30	7:21:20	6:22	2	21:08	15	1:26:21
Salzhausen	10.70	1:20:18	7:30	3	14:15	15	16:09	80.00	8:41:38	6:31	3	28:06	16	1:42:30
Südergellersen	10.90	1:47:23	9:51	6	33:42	28	37:24	90.90	10:29:01	6:55	3	1:00:04	16	2:19:54
Sülzwiesen	9.10	1:06:54	7:21	3	8:01	18	1:06:54	100.00	11:35:55	6:57	3	1:08:05	17	2:27:43