



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Guido Giebert

Total time: 12:21:44

Number: 21

Speed: 8.09 km/h

Running performance: 7:25 min/km

Course: 100.00 km

Rank in course/Total: 29 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 26 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 5(of 9)

Senioren M50 (50-54 Jahre)

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	1:01:10	5:56	5	4:20	23	7:21	10.30	1:01:10	5:56	5	4:20	23	7:21
Amelinghausen	13.80	1:21:47	5:55	4	5:11	23	15:38	24.10	2:22:57	5:55	3	9:31	20	22:46
Schwindebeck	9.40	58:28	6:13	5	4:24	23	14:00	33.50	3:21:25	6:00	5	13:55	22	36:46
Bispingen	8.90	59:31	6:41	4	6:47	23	15:43	42.40	4:20:56	6:09	4	20:42	22	52:29
Overhaverbeck	10.80	1:22:47	7:39	6	14:16	32	27:27	53.20	5:43:43	6:27	5	27:25	25	1:19:56
Undeloh	6.90	57:23	8:18	6	14:11	31	19:41	60.10	6:41:06	6:40	5	41:36	25	1:39:37
Egestorf	9.20	1:19:49	8:40	6	19:07	30	26:19	69.30	8:00:55	6:56	5	1:00:43	24	2:05:56
Salzhausen	10.70	1:25:00	7:56	5	18:57	21	20:51	80.00	9:25:55	7:04	5	1:12:23	24	2:26:47
Südergellersen	10.90	1:39:50	9:09	4	26:09	22	29:51	90.90	11:05:45	7:19	5	1:36:48	25	2:56:38
Sülzwiesen	9.10	1:15:59	8:20	6	17:06	26	1:15:59	100.00	12:21:44	7:25	5	1:53:54	26	3:13:32