



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Sven Lehmann

Club: Tide Runners Hamburg

Number: 37

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M50 (50-54 Jahre)

Total time: 15:04:47

Speed: 6.63 km/h

Running performance: 9:02 min/km

Rank in course/Total: 51 (of 63)

Rank in course/Men: 41 (of 51)

Best time in course: 9:08:12

Rank in category: 9(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	1:06:38	6:28	8	9:48	35	12:49	10.30	1:06:38	6:28	8	9:48	35	12:49
Amelinghausen	13.80	1:31:29	6:37	8	14:53	39	25:20	24.10	2:38:07	6:33	8	24:41	36	37:56
Schwindebeck	9.40	1:15:34	8:02	8	21:30	48	31:06	33.50	3:53:41	6:58	7	46:11	42	1:09:02
Bispingen	8.90	1:18:46	8:51	9	26:02	46	34:58	42.40	5:12:27	7:22	8	1:12:13	45	1:44:00
Overhaverbeck	10.80	1:47:17	9:56	9	38:46	46	51:57	53.20	6:59:44	7:53	9	1:43:26	46	2:35:57
Undeloh	6.90	1:09:04	10:00	8	25:52	44	31:22	60.10	8:08:48	8:07	9	2:09:18	44	3:07:19
Egestorf	9.20	1:40:37	10:56	8	39:55	42	47:07	69.30	9:49:25	8:30	9	2:49:13	45	3:54:26
Salzhausen	10.70	1:48:56	10:10	7	42:53	37	44:47	80.00	11:38:21	8:43	9	3:24:49	43	4:39:13
Südergellersen	10.90	1:51:39	10:14	7	37:58	34	41:40	90.90	13:30:00	8:54	9	4:01:03	41	5:20:53
Sülzwiesen	9.10	1:34:47	10:24	8	35:54	38	1:34:47	100.00	15:04:47	9:02	9	4:36:57	41	5:56:35