



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Jürgen Bäßler

Club: Riester Rentner 2025

Number: 4

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M55 (55-59 Jahre)

Total time: 9:52:21

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 3 (of 63)

Rank in course/Men: 3 (of 51)

Best time in course: 9:08:12

Rank in category: 1(of 6)

Best time in the category: 9:52:21

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	54:56	5:19	1	-	7	1:07	10.30	54:56	5:19	1	-	7	1:07
Amelinghausen	13.80	1:13:44	5:20	1	-	7	7:35	24.10	2:08:40	5:20	1	-	7	8:29
Schwindebeck	9.40	53:47	5:43	1	-	11	9:19	33.50	3:02:27	5:26	1	-	9	17:48
Bispingen	8.90	53:15	5:58	1	-	12	9:27	42.40	3:55:42	5:33	1	-	9	27:15
Overhaverbeck	10.80	1:08:32	6:20	1	-	12	13:12	53.20	5:04:14	5:43	1	-	7	40:27
Undeloh	6.90	41:49	6:03	1	-	5	4:07	60.10	5:46:03	5:45	1	-	7	44:34
Egestorf	9.20	58:08	6:19	1	-	4	4:38	69.30	6:44:11	5:49	1	-	5	49:12
Salzhausen	10.70	1:08:16	6:22	1	-	4	4:07	80.00	7:52:27	5:54	1	-	5	53:19
Südergellersen	10.90	1:11:50	6:35	1	-	2	1:51	90.90	9:04:17	5:59	1	-	5	55:10
Sülzwiesen	9.10	48:04	5:16	2	48:04	2	48:04	100.00	9:52:21	5:55	1	-	3	44:09