



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Carsten Neuhaus

Number: 43

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M55 (55-59 Jahre)

Rank in course/Total: DNF (of 63)

Rank in course/Men: DNF (of 51)

Best time in course: 9:08:12

Rank in category: DNF(of 6)

Best time in the category: 9:52:21

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Südergellersen	10.30	1:14:02	7:11	6	19:06	48	20:13	10.30	1:14:02	7:11	6	19:06	48	20:13
Amelinghausen	13.80	1:40:14	7:15	6	26:30	51	34:05	24.10	2:54:16	7:13	6	45:36	50	54:05
Schwindebeck	9.40	1:12:46	7:44	6	18:59	45	28:18	33.50	4:07:02	7:22	6	1:04:35	48	1:22:23
Bispingen	8.90	1:28:36	9:57	6	35:21	49	44:48	42.40	5:35:38	7:54	6	1:39:56	49	2:07:11
Overhaverbeck	10.80	fehlt!	-	-	-	-	-	53.20	-	-	-	-	-	-
Undeloh	6.90	fehlt!	-	-	-	-	-	60.10	-	-	-	-	-	-
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-
Sülzwiesen	9.10	-	-	5	-	43	-	100.00	-	-	-	-	-	-