



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

### Norbert Fasel

Club: LSF-Münster

Number: 17

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 km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | Pos Men | Behind Men | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Südergellersen     | 10.30    | 59:11      | 5:44         | 3           | 4:15        | 16      | 5:22       | 10.30         | 59:11      | 5:44         | 3        | 4:15        | 16      | 5:22       |
| Amelinghausen      | 13.80    | 1:19:23    | 5:45         | 3           | 5:39        | 15      | 13:14      | 24.10         | 2:18:34    | 5:44         | 3        | 9:54        | 16      | 18:23      |
| Schwindebeck       | 9.40     | 57:11      | 6:04         | 3           | 3:24        | 17      | 12:43      | 33.50         | 3:15:45    | 5:50         | 3        | 13:18       | 16      | 31:06      |
| Bispingen          | 8.90     | 1:00:34    | 6:48         | 3           | 7:19        | 26      | 16:46      | 42.40         | 4:16:19    | 6:02         | 3        | 20:37       | 18      | 47:52      |
| Overhaverbeck      | 10.80    | 1:17:15    | 7:09         | 3           | 8:43        | 22      | 21:55      | 53.20         | 5:33:34    | 6:16         | 3        | 29:20       | 18      | 1:09:47    |
| Undeloh            | 6.90     | 58:41      | 8:30         | 5           | 16:52       | 34      | 20:59      | 60.10         | 6:32:15    | 6:31         | 3        | 46:12       | 23      | 1:30:46    |
| 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        | -          | -            | -        | -           | -       | -          |