



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Jens Uwe Brack

Club: LG Allgäu

Number: 7

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M60 (60-64 Jahre)

Total time: 11:58:27

Speed: 8.35 km/h

Running performance: 7:11 min/km

Rank in course/Total: 24 (of 63)

Rank in course/Men: 22 (of 51)

Best time in course: 9:08:12

Rank in category: 1(of 6)

Best time in the category: 11:58:27

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	1:03:24	6:09	1	-	27	9:35	10.30	1:03:24	6:09	1	-	27	9:35
Amelinghausen	13.80	1:24:06	6:05	1	-	26	17:57	24.10	2:27:30	6:07	1	-	28	27:19
Schwindebeck	9.40	57:07	6:04	1	-	16	12:39	33.50	3:24:37	6:06	1	-	25	39:58
Bispingen	8.90	58:05	6:31	1	-	22	14:17	42.40	4:22:42	6:11	1	-	23	54:15
Overhaverbeck	10.80	1:12:21	6:41	1	-	16	17:01	53.20	5:35:03	6:17	1	-	21	1:11:16
Undeloh	6.90	52:22	7:35	1	-	23	14:40	60.10	6:27:25	6:26	1	-	21	1:25:56
Egestorf	9.20	1:10:23	7:39	1	-	15	16:53	69.30	7:37:48	6:36	1	-	20	1:42:49
Salzhausen	10.70	1:31:43	8:34	1	-	28	27:34	80.00	9:09:31	6:52	1	-	20	2:10:23
Südergellersen	10.90	1:30:47	8:19	1	-	17	20:48	90.90	10:40:18	7:02	1	-	20	2:31:11
Sülzwiesen	9.10	1:18:09	8:35	1	-	29	1:18:09	100.00	11:58:27	7:11	1	-	22	2:50:15