



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Harald Wilcke

Total time: 14:14:05

Number: 69

Speed: 7.03 km/h

Running performance: 8:32 min/km

Course: 100.00 km

Rank in course/Total: 42 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 34 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 2(of 6)

Senioren M60 (60-64 Jahre)

Best time in the category: 11:58:27

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	1:10:19	6:49	4	6:55	44	16:30	10.30	1:10:19	6:49	4	6:55	44	16:30
Amelinghausen	13.80	1:34:23	6:50	3	10:17	43	28:14	24.10	2:44:42	6:50	3	17:12	43	44:31
Schwindebeck	9.40	1:09:34	7:24	2	12:27	40	25:06	33.50	3:54:16	6:59	3	29:39	43	1:09:37
Bispingen	8.90	1:12:50	8:11	4	14:45	45	29:02	42.40	5:07:06	7:14	3	44:24	42	1:38:39
Overhaverbeck	10.80	1:34:03	8:42	3	21:42	41	38:43	53.20	6:41:09	7:32	4	1:06:06	44	2:17:22
Undeloh	6.90	1:03:14	9:09	4	10:52	40	25:32	60.10	7:44:23	7:43	4	1:16:58	42	2:42:54
Egestorf	9.20	1:32:13	10:01	3	21:50	37	38:43	69.30	9:16:36	8:01	2	1:38:48	41	3:21:37
Salzhausen	10.70	1:41:37	9:29	2	9:54	33	37:28	80.00	10:58:13	8:13	2	1:48:42	38	3:59:05
Südergellersen	10.90	1:50:52	10:10	2	20:05	33	40:53	90.90	12:49:05	8:27	2	2:08:47	34	4:39:58
Sülzwiesen	9.10	1:25:00	9:20	2	6:51	32	1:25:00	100.00	14:14:05	8:32	2	2:15:38	34	5:05:53