



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Ulrich Zimmermann

Club: SG Stern

Number: 68

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M60 (60-64 Jahre)

Total time: 14:53:22

Speed: 6.72 km/h

Running performance: 8:56 min/km

Rank in course/Total: 47 (of 63)

Rank in course/Men: 38 (of 51)

Best time in course: 9:08:12

Rank in category: 3(of 6)

Best time in the category: 11:58:27

Control	Intermediate times				Stage score				Total ranking					
	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	1:14:15	7:12	5	10:51	50	20:26	10.30	1:14:15	7:12	5	10:51	50	20:26
Amelinghausen	13.80	1:39:10	7:11	5	15:04	49	33:01	24.10	2:53:25	7:11	5	25:55	49	53:14
Schwindebeck	9.40	1:12:09	7:40	4	15:02	43	27:41	33.50	4:05:34	7:19	5	40:57	47	1:20:55
Bispingen	8.90	1:09:48	7:50	3	11:43	44	26:00	42.40	5:15:22	7:26	4	52:40	47	1:46:55
Overhaverbeck	10.80	1:24:50	7:51	2	12:29	35	29:30	53.20	6:40:12	7:31	3	1:05:09	43	2:16:25
Undeloh	6.90	1:01:15	8:52	2	8:53	37	23:33	60.10	7:41:27	7:40	3	1:14:02	41	2:39:58
Egestorf	9.20	1:35:15	10:21	4	24:52	40	41:45	69.30	9:16:42	8:01	3	1:38:54	42	3:21:43
Salzhausen	10.70	1:51:57	10:27	4	20:14	39	47:48	80.00	11:08:39	8:21	3	1:59:08	41	4:09:31
Südergellersen	10.90	2:02:39	11:15	4	31:52	38	52:40	90.90	13:11:18	8:42	3	2:31:00	38	5:02:11
Sülzwiesen	9.10	1:42:04	11:12	4	23:55	41	1:42:04	100.00	14:53:22	8:56	3	2:54:55	38	5:45:10