



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

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
| | | | | | | 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 | |