



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Ingo Gersbeck

Club: SCC Berlin

Number: 20

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M60 (60-64 Jahre)

Total time: 14:55:04

Speed: 6.70 km/h

Running performance: 8:57 min/km

Rank in course/Total: 48 (of 63)

Rank in course/Men: 40 (of 51)

Best time in course: 9:08:12

Rank in category: 4(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		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Südergellersen	10.30	1:09:52	6:46	3	6:28	42	16:03	10.30	1:09:52	6:46	3	6:28	42	16:03
Amelinghausen	13.80	1:39:09	7:11	4	15:03	47	33:00	24.10	2:49:01	7:00	4	21:31	46	48:50
Schwindebeck	9.40	1:15:13	8:00	5	18:06	47	30:45	33.50	4:04:14	7:17	4	39:37	45	1:19:35
Bispingen	8.90	1:25:50	9:38	5	27:45	48	42:02	42.40	5:30:04	7:47	5	1:07:22	48	2:01:37
Overhaverbeck	10.80	1:38:27	9:06	4	26:06	43	43:07	53.20	7:08:31	8:03	5	1:33:28	47	2:44:44
Undeloh	6.90	1:04:49	9:23	5	12:27	42	27:07	60.10	8:13:20	8:12	5	1:45:55	45	3:11:51
Egestorf	9.20	1:31:21	9:55	2	20:58	36	37:51	69.30	9:44:41	8:26	5	2:06:53	44	3:49:42
Salzhausen	10.70	1:44:50	9:47	3	13:07	35	40:41	80.00	11:29:31	8:37	4	2:20:00	42	4:30:23
Südergellersen	10.90	1:52:18	10:18	3	21:31	36	42:19	90.90	13:21:49	8:49	4	2:41:31	40	5:12:42
Sülzwiesen	9.10	1:33:15	10:14	3	15:06	36	1:33:15	100.00	14:55:04	8:57	4	2:56:37	40	5:46:52