



### 3. Lüneburger Heide Staffellauf und Ultra-Marathon Lüneburg / 18.06.2022

#### Detailed evaluation

**Stelzer Thomas**

Club: Stade Night Runners  
Number: 127

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 14:32:32

Speed: 6.88 km/h  
Running performance: 08:43 min/km

Rank in course/Total: 58 (of 102)

Rank in course/Men: 48 (of 86)

Best time in course: 8:42:41

Rank in category: 12(of 15)

Best time in the category: 9:44:29

#### Intermediate times

#### Stage score

#### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men |             |               |                 |             |                |            |               |
| Südergellersen | 10.30       | 1:04:11       | 6:13            | 10          | 15:50          | 49          | 16:14         | 10.30       | 1:04:11       | 6:13            | 10          | 15:50          | 49         | 16:14         |
| Amelinghausen  | 13.80       | 1:27:17       | 6:19            | 10          | 22:03          | 43          | 23:05         | 24.10       | 2:31:28       | 6:17            | 10          | 37:53          | 48         | 39:13         |
| Schwindebeck   | 9.40        | 1:12:34       | 7:43            | 14          | 27:10          | 64          | 28:40         | 33.50       | 3:44:02       | 6:41            | 11          | 1:05:03        | 53         | 1:26:42       |
| Bispingen      | 8.90        | 1:29:54       | 10:06           | 14          | 44:42          | 77          | 47:52         | 42.40       | 5:13:56       | 7:24            | 14          | 1:49:45        | 66         | 2:56:36       |
| Overhaverbeck  | 10.80       | 1:39:00       | 9:09            | 13          | 38:42          | 58          | 45:20         | 53.20       | 6:52:56       | 7:45            | 13          | 2:28:27        | 56         | 2:38:34       |
| Undeloh        | 6.90        | 1:12:27       | 10:30           | 13          | 29:32          | 58          | 37:51         | 60.10       | 8:05:23       | 8:04            | 14          | 2:54:05        | 60         | 3:08:24       |
| Egestorf       | 9.20        | 1:45:57       | 11:30           | 13          | 41:57          | 57          | 56:21         | 69.30       | 9:51:20       | 8:31            | 13          | 3:34:38        | 53         | 3:59:11       |
| Salzhausen     | 10.70       | 1:31:29       | 8:32            | 8           | 18:37          | 30          | 34:02         | 80.00       | 11:22:49      | 8:32            | 13          | 3:53:15        | 51         | 4:30:34       |
| Südergellersen | 10.90       | 1:50:58       | 10:10           | 12          | 30:22          | 49          | 46:47         | 90.90       | 13:13:47      | 8:43            | 13          | 4:21:13        | 51         | 5:17:21       |
| Sülzwiesen     | 9.10        | 1:18:45       | 8:39            | 10          | 26:50          | 35          | 32:30         | 100.00      | 14:32:32      | 8:43            | 12          | 4:48:03        | 48         | 5:49:51       |