



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

#### Detailed evaluation

**Bonesky Thomas**

Club: Triathlon Club Bremen  
Number: 11

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 8:42:41

Speed: 11.48 km/h  
Running performance: 05:13 min/km

Rank in course/Total: 1 (of 102)

Rank in course/Men: 1 (of 86)

Best time in course: 8:42:41

Rank in category: 1(of 11)

Best time in the category: 8:42:41

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	50:59	4:56	1	-	6	3:02	10.30	50:59	4:56	1	-	6	3:02
Amelinghausen	13.80	1:07:43	4:54	2	0:29	6	3:31	24.10	1:58:42	4:55	2	0:28	6	6:27
Schwindebeck	9.40	46:49	4:58	1	-	4	2:55	33.50	2:45:31	4:56	2	17:56	7	28:11
Bispingen	8.90	48:46	5:28	2	4:34	6	6:44	42.40	3:34:17	5:03	3	1:06:42	9	1:16:57
Overhaverbeck	10.80	53:40	4:58	1	-	1	-	53.20	4:27:57	5:02	2	0:01	5	13:35
Undeloh	6.90	34:36	5:00	1	-	1	-	60.10	5:02:33	5:02	1	-	3	5:34
Egestorf	9.20	52:15	5:40	2	2:39	2	2:39	69.30	5:54:48	5:07	2	2:39	2	2:39
Salzhausen	10.70	57:27	5:22	1	-	1	-	80.00	6:52:15	5:09	1	-	1	-
Südergellersen	10.90	1:04:11	5:53	1	-	1	-	90.90	7:56:26	5:14	1	-	1	-
Sülzwiesen	9.10	46:15	5:04	1	-	1	-	100.00	8:42:41	5:13	1	-	1	-