



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

Detailed evaluation

Thoms Stefan

Club: USC Kiel
Number: 138

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 11:46:18

Speed: 8.49 km/h
Running performance: 07:04 min/km

Rank in course/Total: 24 (of 102)

Rank in course/Men: 22 (of 86)

Best time in course: 8:42:41

Rank in category: 4(of 11)

Best time in the category: 10:40:25

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 | 1:03:16 | 6:08 | 4 | 6:51 | 44 | 15:19 | 10.30 | 1:03:16 | 6:08 | 4 | 6:51 | 44 | 15:19 |
| Amelinghausen | 13.80 | 1:26:14 | 6:14 | 5 | 5:02 | 39 | 22:02 | 24.10 | 2:29:30 | 6:12 | 5 | 11:53 | 40 | 37:15 |
| Schwindebeck | 9.40 | 57:55 | 6:09 | 4 | 3:41 | 30 | 14:01 | 33.50 | 3:27:25 | 6:11 | 4 | 12:57 | 39 | 1:10:05 |
| Bispingen | 8.90 | 56:46 | 6:22 | 3 | 3:27 | 23 | 14:44 | 42.40 | 4:24:11 | 6:13 | 6 | 42:56 | 41 | 2:06:51 |
| Overhaverbeck | 10.80 | 1:10:38 | 6:32 | 3 | 4:00 | 17 | 16:58 | 53.20 | 5:34:49 | 6:17 | 4 | 13:54 | 27 | 1:20:27 |
| Undeloh | 6.90 | 49:04 | 7:06 | 2 | 1:39 | 17 | 14:28 | 60.10 | 6:23:53 | 6:23 | 3 | 14:40 | 27 | 1:26:54 |
| Egestorf | 9.20 | 1:16:30 | 8:18 | 4 | 15:00 | 23 | 26:54 | 69.30 | 7:40:23 | 6:38 | 4 | 29:40 | 21 | 1:48:14 |
| Salzhausen | 10.70 | 1:24:44 | 7:55 | 4 | 11:32 | 21 | 27:17 | 80.00 | 9:05:07 | 6:48 | 4 | 41:12 | 20 | 2:12:52 |
| Südergellersen | 10.90 | 1:32:36 | 8:29 | 4 | 10:01 | 25 | 28:25 | 90.90 | 10:37:43 | 7:00 | 4 | 51:13 | 22 | 2:41:17 |
| Sülzwiesen | 9.10 | 1:08:35 | 7:32 | 4 | 14:40 | 27 | 22:20 | 100.00 | 11:46:18 | 7:03 | 4 | 1:05:53 | 22 | 3:03:37 |