



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Kirsten-Ralph Tolksdorf

Total time: 10:45:12

Number: 64

Speed: 9.30 km/h

Running performance: 6:27 min/km

Course: 100.00 km

Rank in course/Total: 12 (of 63)

Ultra-Marathon Einzel

Rank in course/Men: 11 (of 51)

Best time in course: 9:08:12

Category:

Rank in category: 1(of 10)

Senioren M45 (45-49 Jahre)

Best time in the category: 10:45:12

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 | 56:36 | 5:29 | 3 | 2:44 | 11 | 2:47 | 10.30 | 56:36 | 5:29 | 3 | 2:44 | 11 | 2:47 |
| Amelinghausen | 13.80 | 1:14:09 | 5:22 | 3 | 3:51 | 9 | 8:00 | 24.10 | 2:10:45 | 5:25 | 3 | 6:35 | 9 | 10:34 |
| Schwindebeck | 9.40 | 51:09 | 5:26 | 2 | 2:20 | 8 | 6:41 | 33.50 | 3:01:54 | 5:25 | 2 | 8:55 | 8 | 17:15 |
| Bispingen | 8.90 | 49:09 | 5:31 | 1 | - | 6 | 5:21 | 42.40 | 3:51:03 | 5:26 | 2 | 7:52 | 7 | 22:36 |
| Overhaverbeck | 10.80 | 1:06:20 | 6:08 | 1 | - | 6 | 11:00 | 53.20 | 4:57:23 | 5:35 | 1 | - | 5 | 33:36 |
| Undeloh | 6.90 | 43:20 | 6:16 | 1 | - | 8 | 5:38 | 60.10 | 5:40:43 | 5:40 | 1 | - | 5 | 39:14 |
| Egestorf | 9.20 | 1:07:04 | 7:17 | 1 | - | 12 | 13:34 | 69.30 | 6:47:47 | 5:53 | 1 | - | 7 | 52:48 |
| Salzhausen | 10.70 | 1:16:03 | 7:06 | 1 | - | 8 | 11:54 | 80.00 | 8:03:50 | 6:02 | 1 | - | 6 | 1:04:42 |
| Südergellersen | 10.90 | 1:31:44 | 8:24 | 2 | 11:57 | 18 | 21:45 | 90.90 | 9:35:34 | 6:19 | 1 | - | 8 | 1:26:27 |
| Sülzwiesen | 9.10 | 1:09:38 | 7:39 | 3 | 10:04 | 20 | 1:09:38 | 100.00 | 10:45:12 | 6:27 | 1 | - | 11 | 1:37:00 |