



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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				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