



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

## Detailed evaluation

**Björn Cordes**

Club: Oldenburg

Number: 8

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M45 (45-49 Jahre)

Total time: 11:04:46

Speed: 9.03 km/h

Running performance: 6:38 min/km

Rank in course/Total: 16 (of 63)

Rank in course/Men: 14 (of 51)

Best time in course: 9:08:12

Rank in category: 2(of 10)

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	53:52	5:13	1	-	2	0:03	10.30	53:52	5:13	1	-	2	0:03
Amelinghausen	13.80	1:10:18	5:05	1	-	4	4:09	24.10	2:04:10	5:09	1	-	3	3:59
Schwindebeck	9.40	48:49	5:11	1	-	4	4:21	33.50	2:52:59	5:09	1	-	5	8:20
Bispingen	8.90	50:12	5:38	2	1:03	7	6:24	42.40	3:43:11	5:15	1	-	5	14:44
Overhaverbeck	10.80	1:45:20	9:45	9	39:00	45	50:00	53.20	5:28:31	6:10	3	31:08	17	1:04:44
Undeloh	6.90	48:23	7:00	2	5:03	17	10:41	60.10	6:16:54	6:16	3	36:11	18	1:15:25
Egestorf	9.20	1:10:32	7:40	2	3:28	17	17:02	69.30	7:27:26	6:27	3	39:39	18	1:32:27
Salzhausen	10.70	1:17:59	7:17	2	1:56	13	13:50	80.00	8:45:25	6:34	3	41:35	18	1:46:17
Südergellersen	10.90	1:19:47	7:19	1	-	12	9:48	90.90	10:05:12	6:39	2	29:38	14	1:56:05
Sülzwiesen	9.10	59:34	6:32	1	-	10	59:34	100.00	11:04:46	6:38	2	19:34	14	1:56:34