



# 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

| 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              | 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    |