



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Steffen Thormeier

Club: Harzenergie

Number: 73

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M45 (45-49 Jahre)

Total time: 11:23:54

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 17 (of 63)

Rank in course/Men: 15 (of 51)

Best time in course: 9:08:12

Rank in category: 3(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	54:57	5:20	2	1:05	8	1:08	10.30	54:57	5:20	2	1:05	8	1:08
Amelinghausen	13.80	1:13:44	5:20	2	3:26	7	7:35	24.10	2:08:41	5:20	2	4:31	8	8:30
Schwindebeck	9.40	53:46	5:43	3	4:57	10	9:18	33.50	3:02:27	5:26	3	9:28	9	17:48
Bispingen	8.90	53:15	5:58	3	4:06	12	9:27	42.40	3:55:42	5:33	3	12:31	9	27:15
Overhaverbeck	10.80	1:09:03	6:23	2	2:43	13	13:43	53.20	5:04:45	5:43	2	7:22	8	40:58
Undeloh	6.90	53:03	7:41	5	9:43	25	15:21	60.10	5:57:48	5:57	2	17:05	9	56:19
Egestorf	9.20	1:11:09	7:44	3	4:05	18	17:39	69.30	7:08:57	6:11	2	21:10	13	1:13:58
Salzhausen	10.70	1:21:40	7:37	3	5:37	18	17:31	80.00	8:30:37	6:22	2	26:47	13	1:31:29
Südergellersen	10.90	1:37:40	8:57	3	17:53	20	27:41	90.90	10:08:17	6:41	3	32:43	15	1:59:10
Sülzwiesen	9.10	1:15:37	8:18	4	16:03	25	1:15:37	100.00	11:23:54	6:50	3	38:42	15	2:15:42