



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Thorsten Stohldreier

Club: 100 Marathon Club

Number: 61

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M50 (50-54 Jahre)

Total time: 11:53:43

Speed: 8.41 km/h

Running performance: 7:08 min/km

Rank in course/Total: 21 (of 63)

Rank in course/Men: 19 (of 51)

Best time in course: 9:08:12

Rank in category: 4(of 9)

Best time in the category: 10:27:50

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	1:01:05	5:55	4	4:15	22	7:16	10.30	1:01:05	5:55	4	4:15	22	7:16
Amelinghausen	13.80	1:22:21	5:58	5	5:45	24	16:12	24.10	2:23:26	5:57	5	10:00	23	23:15
Schwindebeck	9.40	57:13	6:05	3	3:09	18	12:45	33.50	3:20:39	5:59	4	13:09	20	36:00
Bispingen	8.90	57:59	6:30	3	5:15	21	14:11	42.40	4:18:38	6:05	3	18:24	20	50:11
Overhaverbeck	10.80	1:18:50	7:17	4	10:19	24	23:30	53.20	5:37:28	6:20	3	21:10	23	1:13:41
Undeloh	6.90	55:39	8:03	5	12:27	28	17:57	60.10	6:33:07	6:32	4	33:37	24	1:31:38
Egestorf	9.20	1:16:02	8:15	5	15:20	25	22:32	69.30	7:49:09	6:46	4	48:57	23	1:54:10
Salzhausen	10.70	1:22:07	7:40	4	16:04	19	17:58	80.00	9:11:16	6:53	4	57:44	22	2:12:08
Südergellersen	10.90	1:29:23	8:12	3	15:42	16	19:24	90.90	10:40:39	7:02	4	1:11:42	21	2:31:32
Sülzwiesen	9.10	1:13:04	8:01	4	14:11	21	1:13:04	100.00	11:53:43	7:08	4	1:25:53	19	2:45:31