



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Frank Stelljes

Club: SG Stern Bremen

Number: 60

Course: 100.00 km

Ultra-Marathon Einzel

Category:

Senioren M50 (50-54 Jahre)

Total time: 14:53:22

Speed: 6.72 km/h

Running performance: 8:56 min/km

Rank in course/Total: 46 (of 63)

Rank in course/Men: 38 (of 51)

Best time in course: 9:08:12

Rank in category: 8(of 9)

Best time in the category: 10:27:50

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	1:14:14	7:12	9	17:24	49	20:25	10.30	1:14:14	7:12	9	17:24	49	20:25
Amelinghausen	13.80	1:39:09	7:11	9	22:33	47	33:00	24.10	2:53:23	7:11	9	39:57	48	53:12
Schwindebeck	9.40	1:12:09	7:40	7	18:05	43	27:41	33.50	4:05:32	7:19	8	58:02	46	1:20:53
Bispingen	8.90	1:09:47	7:50	8	17:03	43	25:59	42.40	5:15:19	7:26	9	1:15:05	46	1:46:52
Overhaverbeck	10.80	1:24:52	7:51	8	16:21	36	29:32	53.20	6:40:11	7:31	8	1:23:53	42	2:16:24
Undeloh	6.90	1:00:43	8:47	7	17:31	36	23:01	60.10	7:40:54	7:40	8	1:41:24	40	2:39:25
Egestorf	9.20	1:34:50	10:18	7	34:08	39	41:20	69.30	9:15:44	8:01	8	2:15:32	40	3:20:45
Salzhausen	10.70	1:52:36	10:31	8	46:33	40	48:27	80.00	11:08:20	8:21	8	2:54:48	40	4:09:12
Südergellersen	10.90	2:03:18	11:18	8	49:37	39	53:19	90.90	13:11:38	8:42	8	3:42:41	39	5:02:31
Sülzwiesen	9.10	1:41:44	11:10	9	42:51	39	1:41:44	100.00	14:53:22	8:56	8	4:25:32	38	5:45:10