



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Marquardt, Christof

Club: LG Deiringsen
Number: 1

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 8:30:22

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 1 (of 92)

Rank in course/Men: 1 (of 69)

Best time in course: 8:30:22

Rank in category: 1(of 17)

Best time in the category: 8:30:22

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	1:06:34	6:27	11	7:46	48	11:09	10.30	1:06:34	6:27	11	7:46	48	11:09
Amelinghausen	13.80	1:01:16	4:26	1	-	1	-	24.10	2:07:50	5:18	1	-	2	4:24
Schwindebeck	9.40	43:35	4:38	1	-	2	0:30	33.50	2:51:25	5:07	1	-	1	-
Bispingen	8.90	fehlt!	-	-	-	-	-	42.40	-	-	-	-	-	-
Overhaverbeck	10.80	1:34:06	8:42	13	29:59	50	43:57	53.20	4:25:31	4:59	1	-	2	2:31
Undeloh	6.90	34:52	5:03	1	-	2	1:34	60.10	5:00:23	4:59	1	-	2	4:05
Egestorf	9.20	49:38	5:23	1	-	2	1:51	69.30	5:50:01	5:03	1	-	2	5:56
Salzhausen	10.70	57:20	5:21	1	-	1	-	80.00	6:47:21	5:05	1	-	2	3:54
Südergellersen	10.90	58:41	5:23	1	-	1	-	90.90	7:46:02	5:07	1	-	1	-
Sülzwiesen	9.10	44:20	4:52	1	-	1	-	100.00	8:30:22	5:06	1	-	1	-