2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Welsch, Ruben

Club: LC DIABÜ Eschenburg
Number: 116

Course: 100.00 km
Ultra-Marathon

Rank in course/Total: DNF (of 92)
Rank in course/Men: DNF (of 69)
Best time in course: 8:30:22

Category:
Senioren M40 (40-44 Jahre)

Rank in category: DNF(of 3)
Best time in the category: 10:42:36

Intermediate times

	Stage score							Total ranking						
Control	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	1:06:31	6:27	2	7:09	46	11:06	10.30	1:06:31	6:27	2	7:09	46	11:06
Amelinghausen	13.80	1:02:22	4:31	1	-	2	1:06	24.10	2:08:53	5:20	1	-	3	5:27
Schwindebeck	9.40	43:05	4:34	1	-	1	-	33.50	2:51:58	5:08	1	-	2	0:33
Bispingen	8.90	40:53	4:35	1	-	1	-	42.40	3:32:51	5:01	1	-	1	-
Overhaverbeck	10.80	50:09	4:38	1	-	1	-	53.20	4:23:00	4:56	1	-	1	-
Undeloh	6.90	33:18	4:49	1	-	1	-	60.10	4:56:18	4:55	1	-	1	-
Egestorf	9.20	47:47	5:11	1	-	1	-	69.30	5:44:05	4:57	1	-	1	-
Salzhausen	10.70	59:22	5:32	1	-	2	2:02	80.00	6:43:27	5:02	1	-	1	-
Südergellersen	10.90	1:02:43	5:45	1	-	2	4:02	90.90	7:46:10	5:07	1	-	2	0:08
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-