



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Welsch, Ruben

Club: LC DIABÜ Eschenburg
Number: 116

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M40 (40-44 Jahre)

Rank in course/Total: DNF (of 92)

Rank in course/Men: DNF (of 69)

Best time in course: 8:30:22

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 | - | - | - | - | - | - | |