



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Ulber, David**

Club: Bielefeld / Endorphin Junkies Dortmund  
Number: 112

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 9:11:35

Speed: 10.88 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 2 (of 92)

Rank in course/Men: 2 (of 69)

Best time in course: 8:30:22

Rank in category: 1(of 5)

Best time in the category: 9:11:35

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	55:50	5:25	1	-	3	0:25	10.30	55:50	5:25	1	-	3	0:25
Amelinghausen	13.80	1:07:36	4:53	1	-	5	6:20	24.10	2:03:26	5:07	1	-	1	-
Schwindebeck	9.40	49:50	5:18	2	0:01	6	6:45	33.50	2:53:16	5:10	1	-	3	1:51
Bispingen	8.90	45:46	5:08	1	-	3	4:53	42.40	3:39:02	5:09	1	-	3	6:11
Overhaverbeck	10.80	59:34	5:30	1	-	3	9:25	53.20	4:38:36	5:14	1	-	3	15:36
Undeloh	6.90	38:33	5:35	1	-	3	5:15	60.10	5:17:09	5:16	1	-	3	20:51
Egestorf	9.20	57:13	6:13	1	-	6	9:26	69.30	6:14:22	5:24	1	-	3	30:17
Salzhausen	10.70	1:01:28	5:44	1	-	4	4:08	80.00	7:15:50	5:26	1	-	3	32:23
Südergellersen	10.90	1:04:57	5:57	1	-	3	6:16	90.90	8:20:47	5:30	1	-	3	34:45
Sülzwiesen	9.10	50:48	5:34	1	-	2	6:28	100.00	9:11:35	5:30	1	-	2	41:13