



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Marten, René

Club: TG Werste
Number: 60

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 10:12:19

Speed: 9.80 km/h
Running performance: 6:07 min/km

Rank in course/Total: 7 (of 92)

Rank in course/Men: 6 (of 69)

Best time in course: 8:30:22

Rank in category: 2(of 20)

Best time in the category: 9:22:55

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|----------------|-------|---------|------|--------|--------|------|-------|--------|----------|------|--------|-------|--------|---------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| Südergellersen | 10.30 | 1:03:46 | 6:11 | 13 | 8:21 | 36 | 8:21 | 10.30 | 1:03:46 | 6:11 | 13 | 8:21 | 36 | 8:21 |
| Amelinghausen | 13.80 | 1:12:26 | 5:14 | 3 | 6:12 | 9 | 11:10 | 24.10 | 2:16:12 | 5:39 | 6 | 4:16 | 14 | 12:46 |
| Schwindebeck | 9.40 | 52:52 | 5:37 | 4 | 6:41 | 13 | 9:47 | 33.50 | 3:09:04 | 5:38 | 4 | 10:03 | 12 | 17:39 |
| Bispingen | 8.90 | 51:12 | 5:45 | 5 | 5:08 | 11 | 10:19 | 42.40 | 4:00:16 | 5:40 | 4 | 15:11 | 10 | 27:25 |
| Overhaverbeck | 10.80 | 1:07:23 | 6:14 | 4 | 7:33 | 11 | 17:14 | 53.20 | 5:07:39 | 5:46 | 5 | 22:44 | 12 | 44:39 |
| Undeloh | 6.90 | 42:16 | 6:07 | 4 | 3:34 | 9 | 8:58 | 60.10 | 5:49:55 | 5:49 | 4 | 26:18 | 10 | 53:37 |
| Egestorf | 9.20 | 59:12 | 6:26 | 3 | 4:50 | 8 | 11:25 | 69.30 | 6:49:07 | 5:54 | 3 | 31:08 | 9 | 1:05:02 |
| Salzhausen | 10.70 | 1:09:22 | 6:28 | 3 | 8:03 | 8 | 12:02 | 80.00 | 7:58:29 | 5:58 | 2 | 39:11 | 7 | 1:15:02 |
| Südergellersen | 10.90 | 1:14:59 | 6:52 | 4 | 8:00 | 8 | 16:18 | 90.90 | 9:13:28 | 6:05 | 2 | 47:11 | 7 | 1:27:26 |
| Sülzwiesen | 9.10 | 58:51 | 6:28 | 2 | 2:13 | 7 | 14:31 | 100.00 | 10:12:19 | 6:07 | 2 | 49:24 | 6 | 1:41:57 |