



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Matys, Maik**

Club: Open Cycling Soltau  
Number: 62

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:25:40

Speed: 8.75 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 26 (of 92)

Rank in course/Men: 19 (of 69)

Best time in course: 8:30:22

Rank in category: 9(of 20)

Best time in the category: 9:22:55

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Südergellersen	10.30	1:03:40	6:10	12	8:15	35	8:15	10.30	1:03:40	6:10	12	8:15	35	8:15
Amelinghausen	13.80	1:10:33	5:06	2	4:19	7	9:17	24.10	2:14:13	5:34	3	2:17	7	10:47
Schwindebeck	9.40	51:19	5:27	2	5:08	8	8:14	33.50	3:05:32	5:32	3	6:31	8	14:07
Bispingen	8.90	49:14	5:31	3	3:10	7	8:21	42.40	3:54:46	5:32	3	9:41	6	21:55
Overhaverbeck	10.80	1:08:33	6:20	5	8:43	12	18:24	53.20	5:03:19	5:42	4	18:24	9	40:19
Undeloh	6.90	47:20	6:51	10	8:38	19	14:02	60.10	5:50:39	5:50	5	27:02	11	54:21
Egestorf	9.20	1:14:44	8:07	12	20:22	40	26:57	69.30	7:05:23	6:08	6	47:24	12	1:21:18
Salzhausen	10.70	1:27:00	8:07	12	25:41	31	29:40	80.00	8:32:23	6:24	7	1:13:05	14	1:48:56
Südergellersen	10.90	1:45:57	9:43	13	38:58	46	47:16	90.90	10:18:20	6:48	9	1:52:03	22	2:32:18
Sülzwiesen	9.10	1:07:20	7:23	7	10:42	23	23:00	100.00	11:25:40	6:51	9	2:02:45	19	2:55:18