



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

#### Stelzer, Ralf

Club: Member of Rebel Family  
Number: 104

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M60 (60-64 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 6)

Best time in the category: 11:45:48

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	1:22:50	8:02	6	23:47	66	27:25	10.30	1:22:50	8:02	6	23:47	66	27:25
Amelinghausen	13.80	1:53:24	8:13	6	33:14	61	52:08	24.10	3:16:14	8:08	6	57:01	62	1:12:48
Schwindebeck	9.40	1:24:40	9:00	6	28:03	60	41:35	33.50	4:40:54	8:23	6	1:25:04	67	1:49:29
Bispingen	8.90	1:21:41	9:10	5	27:36	62	40:48	42.40	6:02:35	8:33	5	1:52:40	62	2:29:44
Overhaverbeck	10.80	1:45:19	9:45	5	29:57	64	55:10	53.20	7:47:54	8:47	6	2:22:37	66	3:24:54
Undeloh	6.90	1:08:09	9:52	6	16:06	60	34:51	60.10	8:56:03	8:55	6	2:35:18	63	3:59:45
Egestorf	9.20	1:37:41	10:37	6	28:18	62	49:54	69.30	10:33:44	9:08	6	2:59:42	62	4:49:39
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-