



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Schulte, Thorsten**

Club: 100 Marathon Club  
Number: 99

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 12:07:13

Speed: 8.25 km/h  
Running performance: 7:16 min/km

Rank in course/Total: 39 (of 92)

Rank in course/Men: 30 (of 69)

Best time in course: 8:30:22

Rank in category: 2(of 5)

Best time in the category: 9:39:17

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Südergellersen	10.30	1:03:21	6:09	4	4:21	33	7:56	10.30	1:03:21	6:09	4	4:21	33	7:56
Amelinghausen	13.80	1:27:14	6:19	3	11:04	37	25:58	24.10	2:30:35	6:14	4	14:13	37	27:09
Schwindebeck	9.40	1:03:40	6:46	3	12:34	37	20:35	33.50	3:34:15	6:23	3	26:40	42	42:50
Bispingen	8.90	57:07	6:25	3	9:25	23	16:14	42.40	4:31:22	6:24	3	36:05	36	58:31
Overhaverbeck	10.80	1:12:32	6:42	2	10:17	15	22:23	53.20	5:43:54	6:27	2	46:22	33	1:20:54
Undeloh	6.90	1:02:17	9:01	2	19:50	54	28:59	60.10	6:46:11	6:45	2	1:06:12	34	1:49:53
Egestorf	9.20	1:14:09	8:03	2	18:43	36	26:22	69.30	8:00:20	6:55	2	1:24:55	34	2:16:15
Salzhausen	10.70	1:22:30	7:42	2	17:35	25	25:10	80.00	9:22:50	7:02	2	1:42:30	31	2:39:23
Südergellersen	10.90	1:35:45	8:47	2	30:03	31	37:04	90.90	10:58:35	7:14	2	2:12:33	32	3:12:33
Sülzwiesen	9.10	1:08:38	7:32	2	15:23	24	24:18	100.00	12:07:13	7:16	2	2:27:56	30	3:36:51