



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

| 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 | 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 |