



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Siedler, Wolfgang**

Club: asg-weitwärts  
Number: 102

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M60 (60-64 Jahre)

Total time: 12:13:39

Speed: 8.18 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 44 (of 92)

Rank in course/Men: 34 (of 69)

Best time in course: 8:30:22

Rank in category: 3(of 6)

Best time in the category: 11:45:48

| 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              | 1:00:47    | 5:54         | 2           | 1:44        | 23      | 5:22       | 10.30         | 1:00:47    | 5:54         | 2        | 1:44        | 23      | 5:22       |
| Amelinghausen  | 13.80              | 1:22:32    | 5:58         | 2           | 2:22        | 31      | 21:16      | 24.10         | 2:23:19    | 5:56         | 2        | 4:06        | 30      | 19:53      |
| Schwindebeck   | 9.40               | 59:18      | 6:18         | 2           | 2:41        | 28      | 16:13      | 33.50         | 3:22:37    | 6:02         | 2        | 6:47        | 35      | 31:12      |
| Bispingen      | 8.90               | fehlt!     | -            | -           | -           | -       | -          | 42.40         | -          | -            | -        | -           | -       | -          |
| Overhaverbeck  | 10.80              | 2:24:42    | 13:23        | 6           | 1:09:20     | 67      | 1:34:33    | 53.20         | 5:47:19    | 6:31         | 2        | 22:02       | 35      | 1:24:19    |
| Undeloh        | 6.90               | 52:03      | 7:32         | 1           | -           | 26      | 18:45      | 60.10         | 6:39:22    | 6:38         | 2        | 18:37       | 31      | 1:43:04    |
| Egestorf       | 9.20               | 1:10:59    | 7:42         | 2           | 1:36        | 28      | 23:12      | 69.30         | 7:50:21    | 6:47         | 2        | 16:19       | 31      | 2:06:16    |
| Salzhausen     | 10.70              | 1:29:26    | 8:21         | 4           | 10:32       | 34      | 32:06      | 80.00         | 9:19:47    | 6:59         | 2        | 26:51       | 29      | 2:36:20    |
| Südergellersen | 10.90              | 1:39:03    | 9:05         | 3           | 7:20        | 36      | 40:22      | 90.90         | 10:58:50   | 7:14         | 2        | 22:42       | 33      | 3:12:48    |
| Sülzwiesen     | 9.10               | 1:14:49    | 8:13         | 4           | 7:50        | 37      | 30:29      | 100.00        | 12:13:39   | 7:20         | 3        | 27:51       | 34      | 3:43:17    |