



2. Lüneburger Heide Lauf

Lüneburg / 15.06.2019

Detailed evaluation

Heitfeldt, Ulrich

Club: 100 Marathon Club
Number: 31

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 13:39:58

Speed: 7.32 km/h
Running performance: 8:12 min/km

Rank in course/Total: 55 (of 92)

Rank in course/Men: 43 (of 69)

Best time in course: 8:30:22

Rank in category: 5(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. | Stage score | | Total ranking | | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Südergellersen | 10.30 | 1:04:05 | 6:13 | 4 | 5:02 | 39 | 8:40 | 10.30 | 1:04:05 | 6:13 | 4 | 5:02 | 39 | 8:40 | |
| Amelinghausen | 13.80 | 1:30:54 | 6:35 | 3 | 10:44 | 43 | 29:38 | 24.10 | 2:34:59 | 6:25 | 4 | 15:46 | 42 | 31:33 | |
| Schwindebeck | 9.40 | 1:05:26 | 6:57 | 5 | 8:49 | 40 | 22:21 | 33.50 | 3:40:25 | 6:34 | 4 | 24:35 | 46 | 49:00 | |
| Bispingen | 8.90 | 1:08:51 | 7:44 | 4 | 14:46 | 46 | 27:58 | 42.40 | 4:49:16 | 6:49 | 3 | 39:21 | 43 | 1:16:25 | |
| Overhaverbeck | 10.80 | 1:27:19 | 8:05 | 4 | 11:57 | 41 | 37:10 | 53.20 | 6:16:35 | 7:04 | 4 | 51:18 | 46 | 1:53:35 | |
| Undeloh | 6.90 | 58:13 | 8:26 | 5 | 6:10 | 43 | 24:55 | 60.10 | 7:14:48 | 7:14 | 5 | 54:03 | 46 | 2:18:30 | |
| Egestorf | 9.20 | 1:25:31 | 9:17 | 5 | 16:08 | 50 | 37:44 | 69.30 | 8:40:19 | 7:30 | 5 | 1:06:17 | 47 | 2:56:14 | |
| Salzhausen | 10.70 | 1:42:03 | 9:32 | 5 | 23:09 | 49 | 44:43 | 80.00 | 10:22:22 | 7:46 | 5 | 1:29:26 | 44 | 3:38:55 | |
| Südergellersen | 10.90 | 1:52:07 | 10:17 | 5 | 20:24 | 54 | 53:26 | 90.90 | 12:14:29 | 8:04 | 5 | 1:38:21 | 44 | 4:28:27 | |
| Sülzwiesen | 9.10 | 1:25:29 | 9:23 | 5 | 18:30 | 49 | 41:09 | 100.00 | 13:39:58 | 8:11 | 5 | 1:54:10 | 43 | 5:09:36 | |