



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Hellmann, Marco**

Club: Triabolos Hamburg e.V.  
Number: 32

Course: 100.00 km  
Ultra-Marathon

Category:  
Männer (20-29 Jahre)

Total time: 14:14:45

Speed: 7.02 km/h  
Running performance: 8:33 min/km

Rank in course/Total: 67 (of 92)

Rank in course/Men: 51 (of 69)

Best time in course: 8:30:22

Rank in category: 1(of 1)

Best time in the category: 14:14:45

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	1:03:59	6:12	1	-	37	8:34	10.30	1:03:59	6:12	1	-	37	8:34
Amelinghausen	13.80	1:32:37	6:42	1	-	46	31:21	24.10	2:36:36	6:29	1	-	44	33:10
Schwindebeck	9.40	1:12:49	7:44	1	-	50	29:44	33.50	3:49:25	6:50	1	-	51	58:00
Bispingen	8.90	1:16:37	8:36	1	-	58	35:44	42.40	5:06:02	7:13	1	-	52	1:33:11
Overhaverbeck	10.80	1:34:01	8:42	1	-	49	43:52	53.20	6:40:03	7:31	1	-	55	2:17:03
Undeloh	6.90	1:00:37	8:47	1	-	50	27:19	60.10	7:40:40	7:39	1	-	51	2:44:22
Egestorf	9.20	1:25:00	9:14	1	-	48	37:13	69.30	9:05:40	7:52	1	-	51	3:21:35
Salzhausen	10.70	1:45:19	9:50	1	-	55	47:59	80.00	10:50:59	8:08	1	-	49	4:07:32
Südergellersen	10.90	1:48:29	9:57	1	-	49	49:48	90.90	12:39:28	8:21	1	-	50	4:53:26
Sülzwiesen	9.10	1:35:17	10:28	1	-	53	50:57	100.00	14:14:45	8:32	1	-	51	5:44:23