



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Kahrs, Tobias

Club: Lunge
Number: 41

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 9:39:17

Speed: 10.36 km/h
Running performance: 5:47 min/km

Rank in course/Total: 4 (of 92)

Rank in course/Men: 4 (of 69)

Best time in course: 8:30:22

Rank in category: 1(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	1:00:19	5:51	2	1:19	22	4:54	10.30	1:00:19	5:51	2	1:19	22	4:54
Amelinghausen	13.80	1:16:10	5:31	1	-	12	14:54	24.10	2:16:29	5:39	2	0:07	19	13:03
Schwindebeck	9.40	51:06	5:26	1	-	7	8:01	33.50	3:07:35	5:35	1	-	9	16:10
Bispingen	8.90	47:42	5:21	1	-	5	6:49	42.40	3:55:17	5:32	1	-	7	22:26
Overhaverbeck	10.80	1:02:15	5:45	1	-	5	12:06	53.20	4:57:32	5:35	1	-	5	34:32
Undeloh	6.90	42:27	6:09	1	-	10	9:09	60.10	5:39:59	5:39	1	-	5	43:41
Egestorf	9.20	55:26	6:01	1	-	5	7:39	69.30	6:35:25	5:42	1	-	5	51:20
Salzhausen	10.70	1:04:55	6:04	1	-	6	7:35	80.00	7:40:20	5:45	1	-	5	56:53
Südergellersen	10.90	1:05:42	6:01	1	-	4	7:01	90.90	8:46:02	5:47	1	-	5	1:00:00
Sülzwiesen	9.10	53:15	5:51	1	-	4	8:55	100.00	9:39:17	5:47	1	-	4	1:08:55