



## 2. Lüneburger Heidelauf Lüneburg / 15.06.2019

### Detailed evaluation

Schulz-Meinen, Samir

Club: Triabolos Hamburg e.V.  
Number: 101

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 9:50:18

Speed: 10.16 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 5 (of 92)

Rank in course/Men: 5 (of 69)

Best time in course: 8:30:22

Rank in category: 2(of 17)

Best time in the category: 8:30:22

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	59:00	5:43	3	0:12	9	3:35	10.30	59:00	5:43	3	0:12	9	3:35
Amelinghausen	13.80	1:17:14	5:35	3	15:58	18	15:58	24.10	2:16:14	5:39	3	8:24	15	12:48
Schwindebeck	9.40	52:28	5:34	2	8:53	10	9:23	33.50	3:08:42	5:37	2	17:17	11	17:17
Bispingen	8.90	50:53	5:43	1	-	10	10:00	42.40	3:59:35	5:39	1	-	9	26:44
Overhaverbeck	10.80	1:04:07	5:56	1	-	8	13:58	53.20	5:03:42	5:42	2	38:11	10	40:42
Undeloh	6.90	41:06	5:57	2	6:14	5	7:48	60.10	5:44:48	5:44	2	44:25	6	48:30
Egestorf	9.20	54:51	5:57	2	5:13	4	7:04	69.30	6:39:39	5:46	2	49:38	6	55:34
Salzhausen	10.70	1:03:09	5:54	2	5:49	5	5:49	80.00	7:42:48	5:47	2	55:27	6	59:21
Südergellersen	10.90	1:15:42	6:56	2	17:01	9	17:01	90.90	8:58:30	5:55	2	1:12:28	6	1:12:28
Sülzwiesen	9.10	51:48	5:41	2	7:28	3	7:28	100.00	9:50:18	5:54	2	1:19:56	5	1:19:56