



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Zab, Gunnar

Club: LF Trills 09

Number: 118

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M45 (45-49 Jahre)

Rank in course/Total: DNF (of 92)

Rank in course/Men: DNF (of 69)

Best time in course: 8:30:22

Rank in category: DNF(of 20)

Best time in the category: 9:22:55

Intermediate times				Stage score				Total ranking						
Control	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	1:18:47	7:38	19	23:22	64	23:22	10.30	1:18:47	7:38	19	23:22	64	23:22
Amelinghausen	13.80	1:57:02	8:28	18	50:48	62	55:46	24.10	3:15:49	8:07	18	1:03:53	61	1:12:23
Schwindebeck	9.40	1:48:50	11:34	18	1:02:39	63	1:05:45	33.50	5:04:39	9:05	20	2:05:38	69	2:13:14
Bispingen	8.90	1:16:04	8:32	17	30:00	56	35:11	42.40	6:20:43	8:58	19	2:35:38	64	2:47:52
Overhaverbeck	10.80	1:32:34	8:34	15	32:44	47	42:25	53.20	7:53:17	8:53	19	3:08:22	67	3:30:17
Undeloh	6.90	fehlt!	-	-	-	-	-	60.10	-	-	-	-	-	-
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-