



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Pohl, Bernd

Club: Open Sports Hamburg
Number: 78

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 10:36:50

Speed: 9.42 km/h
Running performance: 6:22 min/km

Rank in course/Total: 13 (of 92)

Rank in course/Men: 9 (of 69)

Best time in course: 8:30:22

Rank in category: 1(of 8)

Best time in the category: 10:36:50

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	58:54	5:43	2	2:57	6	3:29	10.30	58:54	5:43	2	2:57	6	3:29
Amelinghausen	13.80	1:17:05	5:35	2	4:40	17	15:49	24.10	2:15:59	5:38	2	0:45	13	12:33
Schwindebeck	9.40	54:34	5:48	2	0:50	17	11:29	33.50	3:10:33	5:41	1	-	15	19:08
Bispingen	8.90	50:23	5:39	1	-	9	9:30	42.40	4:00:56	5:40	1	-	12	28:05
Overhaverbeck	10.80	1:04:03	5:55	2	12:21	7	13:54	53.20	5:04:59	5:43	2	3:25	11	41:59
Undeloh	6.90	41:29	6:00	1	-	6	8:11	60.10	5:46:28	5:45	1	-	8	50:10
Egestorf	9.20	1:00:43	6:35	1	-	10	12:56	69.30	6:47:11	5:52	1	-	8	1:03:06
Salzhausen	10.70	1:18:24	7:19	3	4:32	18	21:04	80.00	8:05:35	6:04	1	-	10	1:22:08
Südergellersen	10.90	1:24:13	7:43	2	1:58	16	25:32	90.90	9:29:48	6:16	1	-	10	1:43:46
Sülzwiesen	9.10	1:07:02	7:21	3	1:03	20	22:42	100.00	10:36:50	6:22	1	-	9	2:06:28