



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Ruske, Alexander

Club: Nonviolent Mobility
Number: 124

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 10:42:36

Speed: 9.34 km/h
Running performance: 6:26 min/km

Rank in course/Total: 15 (of 92)

Rank in course/Men: 10 (of 69)

Best time in course: 8:30:22

Rank in category: 1(of 3)

Best time in the category: 10:42:36

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	59:22	5:45	1	-	18	3:57	10.30	59:22	5:45	1	-	18	3:57
Amelinghausen	13.80	1:17:01	5:34	3	14:39	16	15:45	24.10	2:16:23	5:39	3	7:30	17	12:57
Schwindebeck	9.40	51:43	5:30	3	8:38	9	8:38	33.50	3:08:06	5:36	3	16:08	10	16:41
Bispingen	8.90	1:02:53	7:03	3	22:00	38	22:00	42.40	4:10:59	5:55	3	38:08	21	38:08
Overhaverbeck	10.80	1:05:19	6:02	2	15:10	9	15:10	53.20	5:16:18	5:56	3	53:18	16	53:18
Undeloh	6.90	52:25	7:35	2	19:07	29	19:07	60.10	6:08:43	6:08	2	1:12:25	16	1:12:25
Egestorf	9.20	1:05:13	7:05	2	17:26	16	17:26	69.30	7:13:56	6:15	2	1:29:51	14	1:29:51
Salzhausen	10.70	1:12:58	6:49	2	13:36	14	15:38	80.00	8:26:54	6:20	2	1:43:27	12	1:43:27
Südergellersen	10.90	1:19:51	7:19	2	17:08	12	21:10	90.90	9:46:45	6:27	2	2:00:35	12	2:00:43
Sülzwiesen	9.10	55:51	6:08	1	-	5	11:31	100.00	10:42:36	6:25	1	-	10	2:12:14