



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Lahuis, Gertjan

Club: Veluwe

Number: 51

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 10:45:12

Speed: 9.30 km/h

Running performance: 6:27 min/km

Rank in course/Total: 16 (of 92)

Rank in course/Men: 11 (of 69)

Best time in course: 8:30:22

Rank in category: 5(of 20)

Best time in the category: 9:22:55

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Südergellersen	10.30	1:02:47	6:05	9	7:22	29	7:22	10.30	1:02:47	6:05	9	7:22	29	7:22
Amelinghausen	13.80	1:14:12	5:22	5	7:58	11	12:56	24.10	2:16:59	5:41	8	5:03	21	13:33
Schwindebeck	9.40	53:39	5:42	6	7:28	15	10:34	33.50	3:10:38	5:41	6	11:37	17	19:13
Bispingen	8.90	49:46	5:35	4	3:42	8	8:53	42.40	4:00:24	5:40	5	15:19	11	27:33
Overhaverbeck	10.80	1:02:48	5:48	2	2:58	6	12:39	53.20	5:03:12	5:41	3	18:17	8	40:12
Undeloh	6.90	41:53	6:04	2	3:11	7	8:35	60.10	5:45:05	5:44	2	21:28	7	48:47
Egestorf	9.20	59:23	6:27	4	5:01	9	11:36	69.30	6:44:28	5:50	2	26:29	7	1:00:23
Salzhausen	10.70	1:23:15	7:46	9	21:56	26	25:55	80.00	8:07:43	6:05	5	48:25	11	1:24:16
Südergellersen	10.90	1:28:43	8:08	7	21:44	21	30:02	90.90	9:36:26	6:20	5	1:10:09	11	1:50:24
Sülzwiesen	9.10	1:08:46	7:33	9	12:08	26	24:26	100.00	10:45:12	6:27	5	1:22:17	11	2:14:50