



## 2. Lüneburger Heidelauf Lüneburg / 15.06.2019

### Detailed evaluation

**Bandowski, Dirk**

Club: LG Kaufungen  
Number: 4

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 10:52:35

Speed: 9.19 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 17 (of 92)

Rank in course/Men: 12 (of 69)

Best time in course: 8:30:22

Rank in category: 6(of 20)

Best time in the category: 9:22:55

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	1:00:08	5:50	7	4:43	20	4:43	10.30	1:00:08	5:50	7	4:43	20	4:43
Amelinghausen	13.80	1:21:06	5:52	10	14:52	27	19:50	24.10	2:21:14	5:51	10	9:18	27	17:48
Schwindebeck	9.40	55:59	5:57	8	9:48	21	12:54	33.50	3:17:13	5:53	11	18:12	27	25:48
Bispingen	8.90	53:48	6:02	8	7:44	14	12:55	42.40	4:11:01	5:55	10	25:56	22	38:10
Overhaverbeck	10.80	1:13:41	6:49	10	13:51	21	23:32	53.20	5:24:42	6:06	9	39:47	21	1:01:42
Undeloh	6.90	47:08	6:49	9	8:26	18	13:50	60.10	6:11:50	6:11	9	48:13	19	1:15:32
Egestorf	9.20	1:06:20	7:12	8	11:58	18	18:33	69.30	7:18:10	6:19	9	1:00:11	18	1:34:05
Salzhausen	10.70	1:14:37	6:58	7	13:18	16	17:17	80.00	8:32:47	6:24	8	1:13:29	15	1:49:20
Südergellersen	10.90	1:18:31	7:12	5	11:32	10	19:50	90.90	9:51:18	6:30	6	1:25:01	13	2:05:16
Sülzwiesen	9.10	1:01:17	6:44	5	4:39	12	16:57	100.00	10:52:35	6:31	6	1:29:40	12	2:22:13