



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Braun, Martin

Club: Team Run and Fun
Number: 10

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 11:06:54

Speed: 9.00 km/h
Running performance: 6:40 min/km

Rank in course/Total: 21 (of 92)

Rank in course/Men: 14 (of 69)

Best time in course: 8:30:22

Rank in category: 3(of 5)

Best time in the category: 9:11:35

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	1:00:54	5:54	4	5:04	24	5:29	10.30	1:00:54	5:54	4	5:04	24	5:29
Amelinghausen	13.80	1:22:15	5:57	3	14:39	29	20:59	24.10	2:23:09	5:56	4	19:43	29	19:43
Schwindebeck	9.40	59:03	6:16	4	9:14	27	15:58	33.50	3:22:12	6:02	5	28:56	32	30:47
Bispingen	8.90	1:01:49	6:56	4	16:03	33	20:56	42.40	4:24:01	6:13	5	44:59	31	51:10
Overhaverbeck	10.80	1:12:51	6:44	2	13:17	18	22:42	53.20	5:36:52	6:19	4	58:16	28	1:13:52
Undeloh	6.90	46:47	6:46	3	8:14	14	13:29	60.10	6:23:39	6:23	4	1:06:30	24	1:27:21
Egestorf	9.20	1:04:24	7:00	3	7:11	14	16:37	69.30	7:28:03	6:27	4	1:13:41	21	1:43:58
Salzhausen	10.70	1:12:42	6:47	2	11:14	10	15:22	80.00	8:40:45	6:30	4	1:24:55	19	1:57:18
Südergellersen	10.90	1:24:03	7:42	3	19:06	15	25:22	90.90	10:04:48	6:39	3	1:44:01	17	2:18:46
Sülzwiesen	9.10	1:02:06	6:49	3	11:18	13	17:46	100.00	11:06:54	6:40	3	1:55:19	14	2:36:32