



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Hake, Thorsten

Club: LT Lieth Paderborn
Number: 27

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 11:08:54

Speed: 8.97 km/h
Running performance: 6:41 min/km

Rank in course/Total: 23 (of 92)

Rank in course/Men: 17 (of 69)

Best time in course: 8:30:22

Rank in category: 7(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	59:03	5:43	4	3:38	12	3:38	10.30	59:03	5:43	4	3:38	12	3:38
Amelinghausen	13.80	1:17:30	5:36	8	11:16	21	16:14	24.10	2:16:33	5:39	7	4:37	20	13:07
Schwindebeck	9.40	57:26	6:06	9	11:15	25	14:21	33.50	3:13:59	5:47	8	14:58	21	22:34
Bispingen	8.90	54:11	6:05	9	8:07	17	13:18	42.40	4:08:10	5:51	8	23:05	18	35:19
Overhaverbeck	10.80	1:13:34	6:48	9	13:44	20	23:25	53.20	5:21:44	6:02	8	36:49	19	58:44
Undeloh	6.90	47:00	6:48	8	8:18	17	13:42	60.10	6:08:44	6:08	8	45:07	17	1:12:26
Egestorf	9.20	1:05:13	7:05	7	10:51	16	17:26	69.30	7:13:57	6:15	8	55:58	15	1:29:52
Salzhausen	10.70	1:12:57	6:49	6	11:38	13	15:37	80.00	8:26:54	6:20	6	1:07:36	12	1:43:27
Südergellersen	10.90	1:29:36	8:13	9	22:37	24	30:55	90.90	9:56:30	6:33	7	1:30:13	14	2:10:28
Sülzwiesen	9.10	1:12:24	7:57	11	15:46	33	28:04	100.00	11:08:54	6:41	7	1:45:59	17	2:38:32