



## 2. Lüneburger Heidelauf Lüneburg / 15.06.2019

### Detailed evaluation

#### Deifuß, Holger

Club: FC Nordkirchen  
Number: 83

Course: 100.00 km  
Ultra-Marathon

#### Category:

Senioren M50 (50-54 Jahre)

Total time: 11:35:52

Speed: 8.62 km/h

Running performance: 6:58 min/km

Rank in course/Total: 29 (of 92)

Rank in course/Men: 22 (of 69)

Best time in course: 8:30:22

Rank in category: 5(of 17)

Best time in the category: 8:30:22

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	1:02:47	6:05	8	3:59	29	7:22	10.30	1:02:47	6:05	8	3:59	29	7:22
Amelinghausen	13.80	1:24:36	6:07	8	23:20	36	23:20	24.10	2:27:23	6:06	8	19:33	34	23:57
Schwindebeck	9.40	1:00:01	6:23	7	16:26	29	16:56	33.50	3:27:24	6:11	8	35:59	37	35:59
Bispingen	8.90	58:10	6:32	3	7:17	27	17:17	42.40	4:25:34	6:15	7	25:59	33	52:43
Overhaverbeck	10.80	1:14:03	6:51	4	9:56	23	23:54	53.20	5:39:37	6:23	7	1:14:06	31	1:16:37
Undeloh	6.90	52:22	7:35	7	17:30	28	19:04	60.10	6:31:59	6:31	6	1:31:36	27	1:35:41
Egestorf	9.20	1:08:08	7:24	5	18:30	20	20:21	69.30	7:40:07	6:38	6	1:50:06	28	1:56:02
Salzhausen	10.70	1:21:55	7:39	5	24:35	22	24:35	80.00	9:02:02	6:46	6	2:14:41	27	2:18:35
Südergellersen	10.90	1:27:20	8:00	4	28:39	18	28:39	90.90	10:29:22	6:55	5	2:43:20	25	2:43:20
Sülzwiesen	9.10	1:06:30	7:18	6	22:10	17	22:10	100.00	11:35:52	6:57	5	3:05:30	22	3:05:30