



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Larsen, Thomas**

Club: New Balance

Number: 54

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 11:37:33

Speed: 8.60 km/h

Running performance: 6:59 min/km

Rank in course/Total: 30 (of 92)

Rank in course/Men: 23 (of 69)

Best time in course: 8:30:22

Rank in category: 10(of 20)

Best time in the category: 9:22:55

### 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	59:08	5:44	6	3:43	17	3:43	10.30	59:08	5:44	6	3:43	17	3:43
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	2:17:04	14:34	19	1:30:53	64	1:33:59	33.50	3:16:12	5:51	9	17:11	24	24:47
Bispingen	8.90	54:33	6:07	10	8:29	19	13:40	42.40	4:10:45	5:54	9	25:40	20	37:54
Overhaverbeck	10.80	1:16:30	7:04	11	16:40	26	26:21	53.20	5:27:15	6:09	10	42:20	23	1:04:15
Undeloh	6.90	56:04	8:07	12	17:22	37	22:46	60.10	6:23:19	6:22	10	59:42	23	1:27:01
Egestorf	9.20	1:10:05	7:37	9	15:43	24	22:18	69.30	7:33:24	6:32	10	1:15:25	24	1:49:19
Salzhausen	10.70	1:24:03	7:51	10	22:44	28	26:43	80.00	8:57:27	6:43	10	1:38:09	25	2:14:00
Südergellersen	10.90	1:28:48	8:08	8	21:49	22	30:07	90.90	10:26:15	6:53	10	1:59:58	24	2:40:13
Sülzwiesen	9.10	1:11:18	7:50	10	14:40	31	26:58	100.00	11:37:33	6:58	10	2:14:38	23	3:07:11