



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

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Club: Triabolos Hamburg e.V.
Number: 82

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 11:38:43

Speed: 8.59 km/h
Running performance: 6:59 min/km

Rank in course/Total: 31 (of 92)

Rank in course/Men: 24 (of 69)

Best time in course: 8:30:22

Rank in category: 4(of 5)

Best time in the category: 9:11:35

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	1:06:40	6:28	5	10:50	50	11:15	10.30	1:06:40	6:28	5	10:50	50	11:15
Amelinghausen	13.80	1:08:11	4:56	2	0:35	6	6:55	24.10	2:14:51	5:35	2	11:25	8	11:25
Schwindebeck	9.40	49:49	5:17	1	-	5	6:44	33.50	3:04:40	5:30	2	11:24	7	13:15
Bispingen	8.90	54:40	6:08	2	8:54	20	13:47	42.40	3:59:20	5:38	2	20:18	8	26:29
Overhaverbeck	10.80	1:18:11	7:14	4	18:37	30	28:02	53.20	5:17:31	5:58	2	38:55	17	54:31
Undeloh	6.90	48:55	7:05	4	10:22	22	15:37	60.10	6:06:26	6:05	2	49:17	14	1:10:08
Egestorf	9.20	1:08:10	7:24	4	10:57	21	20:23	69.30	7:14:36	6:16	2	1:00:14	16	1:30:31
Salzhausen	10.70	1:21:41	7:38	3	20:13	21	24:21	80.00	8:36:17	6:27	2	1:20:27	16	1:52:50
Südergellersen	10.90	1:42:00	9:21	4	37:03	42	43:19	90.90	10:18:17	6:48	4	1:57:30	21	2:32:15
Sülzwiesen	9.10	1:20:26	8:50	4	29:38	43	36:06	100.00	11:38:43	6:59	4	2:27:08	24	3:08:21