



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Höper, Hanno

Club: TSV Lensahn
Number: 37

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 11:47:55

Speed: 8.48 km/h
Running performance: 7:05 min/km

Rank in course/Total: 34 (of 92)

Rank in course/Men: 27 (of 69)

Best time in course: 8:30:22

Rank in category: 4(of 8)

Best time in the category: 10:36:50

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	58:54	5:43	2	2:57	6	3:29	10.30	58:54	5:43	2	2:57	6	3:29
Amelinghausen	13.80	1:18:59	5:43	3	6:34	23	17:43	24.10	2:17:53	5:43	3	2:39	24	14:27
Schwindebeck	9.40	1:00:23	6:25	3	6:39	30	17:18	33.50	3:18:16	5:55	4	7:43	30	26:51
Bispingen	8.90	58:02	6:31	4	7:39	26	17:09	42.40	4:16:18	6:02	4	15:22	27	43:27
Overhaverbeck	10.80	1:20:04	7:24	5	28:22	33	29:55	53.20	5:36:22	6:19	5	34:48	27	1:13:22
Undeloh	6.90	58:04	8:24	4	16:35	42	24:46	60.10	6:34:26	6:33	4	47:58	28	1:38:08
Egestorf	9.20	1:10:19	7:38	3	9:36	25	22:32	69.30	7:44:45	6:42	4	57:34	29	2:00:40
Salzhausen	10.70	1:24:18	7:52	4	10:26	29	26:58	80.00	9:09:03	6:51	4	1:03:28	28	2:25:36
Südergellersen	10.90	1:29:55	8:14	3	7:40	25	31:14	90.90	10:38:58	7:01	4	1:09:10	28	2:52:56
Sülzwiesen	9.10	1:08:57	7:34	4	2:58	27	24:37	100.00	11:47:55	7:04	4	1:11:05	27	3:17:33