



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Hornberger, Wolfgang

Club: Deutsch Evern
Number: 38

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 11:46:14

Speed: 8.50 km/h
Running performance: 7:04 min/km

Rank in course/Total: 33 (of 92)

Rank in course/Men: 26 (of 69)

Best time in course: 8:30:22

Rank in category: 6(of 17)

Best time in the category: 8:30:22

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	58:48	5:42	1	-	5	3:23	10.30	58:48	5:42	1	-	5	3:23
Amelinghausen	13.80	1:16:33	5:32	2	15:17	15	15:17	24.10	2:15:21	5:36	2	7:31	11	11:55
Schwindebeck	9.40	55:14	5:52	3	11:39	19	12:09	33.50	3:10:35	5:41	3	19:10	16	19:10
Bispingen	8.90	1:02:58	7:04	8	12:05	39	22:05	42.40	4:13:33	5:58	3	13:58	23	40:42
Overhaverbeck	10.80	1:21:46	7:34	7	17:39	34	31:37	53.20	5:35:19	6:18	4	1:09:48	26	1:12:19
Undeloh	6.90	49:24	7:09	6	14:32	24	16:06	60.10	6:24:43	6:24	5	1:24:20	26	1:28:25
Egestorf	9.20	1:14:09	8:03	11	24:31	36	26:22	69.30	7:38:52	6:37	5	1:48:51	27	1:54:47
Salzhausen	10.70	1:21:22	7:36	4	24:02	20	24:02	80.00	9:00:14	6:45	5	2:12:53	26	2:16:47
Südergellersen	10.90	1:36:45	8:52	11	38:04	33	38:04	90.90	10:36:59	7:00	6	2:50:57	27	2:50:57
Sülzwiesen	9.10	1:09:15	7:36	7	24:55	28	24:55	100.00	11:46:14	7:03	6	3:15:52	26	3:15:52