



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

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | 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 |