



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

Riebesell, Hermann

Club: Buchholz  
Number: 89

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 11:56:07

Speed: 8.38 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 36 (of 92)

Rank in course/Men: 28 (of 69)

Best time in course: 8:30:22

Rank in category: 7(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	59:04	5:44	4	0:16	15	3:39	10.30	59:04	5:44	4	0:16	15	3:39
Amelinghausen	13.80	1:18:44	5:42	5	17:28	22	17:28	24.10	2:17:48	5:43	5	9:58	23	14:22
Schwindebeck	9.40	56:46	6:02	5	13:11	23	13:41	33.50	3:14:34	5:48	5	23:09	22	23:09
Bispingen	8.90	59:15	6:39	5	8:22	29	18:22	42.40	4:13:49	5:59	4	14:14	24	40:58
Overhaverbeck	10.80	1:23:13	7:42	9	19:06	36	33:04	53.20	5:37:02	6:20	6	1:11:31	30	1:14:02
Undeloh	6.90	59:25	8:36	15	24:33	49	26:07	60.10	6:36:27	6:35	7	1:36:04	30	1:40:09
Egestorf	9.20	1:12:38	7:53	8	23:00	31	24:51	69.30	7:49:05	6:46	7	1:59:04	30	2:05:00
Salzhausen	10.70	1:31:02	8:30	8	33:42	36	33:42	80.00	9:20:07	7:00	7	2:32:46	30	2:36:40
Südergellersen	10.90	1:31:00	8:20	8	32:19	26	32:19	90.90	10:51:07	7:09	7	3:05:05	29	3:05:05
Sülzwiesen	9.10	1:05:00	7:08	5	20:40	15	20:40	100.00	11:56:07	7:09	7	3:25:45	28	3:25:45