



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Menzhausen, Michael**

Club: Sportfreunde Sennestadt  
Number: 64

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M60 (60-64 Jahre)

Total time: 12:07:29

Speed: 8.25 km/h  
Running performance: 7:16 min/km

Rank in course/Total: 41 (of 92)

Rank in course/Men: 32 (of 69)

Best time in course: 8:30:22

Rank in category: 2(of 6)

Best time in the category: 11:45:48

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	1:04:00	6:12	3	4:57	38	8:35	10.30	1:04:00	6:12	3	4:57	38	8:35
Amelinghausen	13.80	1:30:58	6:35	4	10:48	44	29:42	24.10	2:34:58	6:25	3	15:45	41	31:32
Schwindebeck	9.40	1:04:36	6:52	3	7:59	38	21:31	33.50	3:39:34	6:33	3	23:44	45	48:09
Bispingen	8.90	1:01:43	6:56	2	7:38	32	20:50	42.40	4:41:17	6:38	2	31:22	42	1:08:26
Overhaverbeck	10.80	1:19:14	7:20	2	3:52	31	29:05	53.20	6:00:31	6:46	3	35:14	42	1:37:31
Undeloh	6.90	55:18	8:00	3	3:15	35	22:00	60.10	6:55:49	6:55	3	35:04	39	1:59:31
Egestorf	9.20	1:09:23	7:32	1	-	22	21:36	69.30	8:05:12	7:00	3	31:10	36	2:21:07
Salzhausen	10.70	1:23:35	7:48	2	4:41	27	26:15	80.00	9:28:47	7:06	3	35:51	34	2:45:20
Südergellersen	10.90	1:31:43	8:24	1	-	27	33:02	90.90	11:00:30	7:15	3	24:22	34	3:14:28
Sülzwiesen	9.10	1:06:59	7:21	1	-	19	22:39	100.00	12:07:29	7:16	2	21:41	32	3:37:07