



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Niebel, Frank

Club: LTV Kiel Ost
Number: 71

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:07:13

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

Rank in course/Total: 40 (of 92)

Rank in course/Men: 30 (of 69)

Best time in course: 8:30:22

Rank in category: 11(of 20)

Best time in the category: 9:22:55

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	1:03:21	6:09	11	7:56	33	7:56	10.30	1:03:21	6:09	11	7:56	33	7:56
Amelinghausen	13.80	1:27:14	6:19	14	21:00	37	25:58	24.10	2:30:35	6:14	13	18:39	37	27:09
Schwindebeck	9.40	1:02:58	6:41	14	16:47	36	19:53	33.50	3:33:33	6:22	16	34:32	41	42:08
Bispingen	8.90	57:49	6:29	11	11:45	24	16:56	42.40	4:31:22	6:24	14	46:17	36	58:31
Overhaverbeck	10.80	1:12:34	6:43	8	12:44	16	22:25	53.20	5:43:56	6:27	11	59:01	34	1:20:56
Undeloh	6.90	1:02:16	9:01	15	23:34	53	28:58	60.10	6:46:12	6:45	12	1:22:35	35	1:49:54
Egestorf	9.20	1:14:12	8:03	11	19:50	38	26:25	69.30	8:00:24	6:55	12	1:42:25	35	2:16:19
Salzhausen	10.70	1:22:26	7:42	8	21:07	24	25:06	80.00	9:22:50	7:02	11	2:03:32	31	2:39:23
Südergellersen	10.90	1:35:44	8:46	10	28:45	29	37:03	90.90	10:58:34	7:14	11	2:32:17	31	3:12:32
Sülzwiesen	9.10	1:08:39	7:32	8	12:01	25	24:19	100.00	12:07:13	7:16	11	2:44:18	30	3:36:51