



## 2. Lüneburger Heidelauf Lüneburg / 15.06.2019

### Detailed evaluation

**Nentwig, Axel**

Club: Nahelauf Therapie  
Number: 68

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 12:10:02

Speed: 8.22 km/h  
Running performance: 7:18 min/km

Rank in course/Total: 42 (of 92)

Rank in course/Men: 33 (of 69)

Best time in course: 8:30:22

Rank in category: 9(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	1:04:26	6:15	9	5:38	40	9:01	10.30	1:04:26	6:15	9	5:38	40	9:01
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	2:33:52	16:22	17	1:50:17	68	1:50:47	33.50	3:38:18	6:30	10	46:53	43	46:53
Bispingen	8.90	1:00:46	6:49	6	9:53	31	19:53	42.40	4:39:04	6:34	8	39:29	40	1:06:13
Overhaverbeck	10.80	1:16:55	7:07	5	12:48	28	26:46	53.20	5:55:59	6:41	9	1:30:28	39	1:32:59
Undeloh	6.90	47:24	6:52	4	12:32	20	14:06	60.10	6:43:23	6:42	9	1:43:00	33	1:47:05
Egestorf	9.20	1:07:59	7:23	4	18:21	19	20:12	69.30	7:51:22	6:48	8	2:01:21	32	2:07:17
Salzhausen	10.70	1:43:28	9:40	17	46:08	54	46:08	80.00	9:34:50	7:11	9	2:47:29	35	2:51:23
Südergellersen	10.90	1:35:44	8:46	9	37:03	29	37:03	90.90	11:10:34	7:22	9	3:24:32	35	3:24:32
Sülzwiesen	9.10	59:28	6:32	3	15:08	10	15:08	100.00	12:10:02	7:18	9	3:39:40	33	3:39:40