



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Balzk, Harald

Club: 0

Number: 3

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 12:29:45

Speed: 8.00 km/h

Running performance: 7:30 min/km

Rank in course/Total: 45 (of 92)

Rank in course/Men: 35 (of 69)

Best time in course: 8:30:22

Rank in category: 4(of 6)

Best time in the category: 11:45:48

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	1:07:40	6:34	5	8:37	53	12:15	10.30	1:07:40	6:34	5	8:37	53	12:15
Amelinghausen	13.80	1:33:49	6:47	5	13:39	47	32:33	24.10	2:41:29	6:42	5	22:16	48	38:03
Schwindebeck	9.40	1:04:55	6:54	4	8:18	39	21:50	33.50	3:46:24	6:45	5	30:34	48	54:59
Bispingen	8.90	1:06:19	7:27	3	12:14	43	25:26	42.40	4:52:43	6:54	4	42:48	45	1:19:52
Overhaverbeck	10.80	1:26:00	7:57	3	10:38	40	35:51	53.20	6:18:43	7:07	5	53:26	47	1:55:43
Undeloh	6.90	53:27	7:44	2	1:24	32	20:09	60.10	7:12:10	7:11	4	51:25	44	2:15:52
Egestorf	9.20	1:11:20	7:45	3	1:57	29	23:33	69.30	8:23:30	7:15	4	49:28	42	2:39:25
Salzhausen	10.70	1:27:00	8:07	3	8:06	31	29:40	80.00	9:50:30	7:22	4	57:34	39	3:07:03
Südergellersen	10.90	1:32:04	8:26	2	0:21	28	33:23	90.90	11:22:34	7:30	4	46:26	36	3:36:32
Sülzwiesen	9.10	1:07:11	7:22	2	0:12	22	22:51	100.00	12:29:45	7:29	4	43:57	35	3:59:23