



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Eigenbrodt, Arne**

Club: Laufend-frisch.de  
Number: 20

Course: 100.00 km  
Ultra-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:46:24

Speed: 7.83 km/h  
Running performance: 7:40 min/km

Rank in course/Total: 48 (of 92)

Rank in course/Men: 36 (of 69)

Best time in course: 8:30:22

Rank in category: 12(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	1:01:42	5:59	8	6:17	27	6:17	10.30	1:01:42	5:59	8	6:17	27	6:17
Amelinghausen	13.80	1:22:10	5:57	11	15:56	28	20:54	24.10	2:23:52	5:58	11	11:56	31	20:26
Schwindebeck	9.40	1:00:41	6:27	10	14:30	31	17:36	33.50	3:24:33	6:06	13	25:32	36	33:08
Bispingen	8.90	1:02:26	7:00	14	16:22	37	21:33	42.40	4:26:59	6:17	13	41:54	35	54:08
Overhaverbeck	10.80	1:31:52	8:30	14	32:02	45	41:43	53.20	5:58:51	6:44	14	1:13:56	40	1:35:51
Undeloh	6.90	58:15	8:26	14	19:33	45	24:57	60.10	6:57:06	6:56	15	1:33:29	40	2:00:48
Egestorf	9.20	1:19:09	8:36	14	24:47	44	31:22	69.30	8:16:15	7:09	13	1:58:16	38	2:32:10
Salzhausen	10.70	1:32:55	8:41	13	31:36	39	35:35	80.00	9:49:10	7:21	13	2:29:52	37	3:05:43
Südergellersen	10.90	1:38:15	9:00	11	31:16	35	39:34	90.90	11:27:25	7:33	13	3:01:08	38	3:41:23
Sülzwiesen	9.10	1:18:59	8:40	12	22:21	40	34:39	100.00	12:46:24	7:39	12	3:23:29	36	4:16:02