



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

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 | 1:01:42 | 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 | |