



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Braun, Andreas

Club: SG Zons
Number: 9

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 13:56:15

Speed: 7.17 km/h
Running performance: 8:22 min/km

Rank in course/Total: 58 (of 92)

Rank in course/Men: 46 (of 69)

Best time in course: 8:30:22

Rank in category: 5(of 8)

Best time in the category: 10:36:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Südergellersen	10.30	1:05:38	6:22	5	43	9:41	10:13	10.30	1:05:38	6:22	5	43	9:41	10:13
Amelinghausen	13.80	1:30:11	6:32	5	42	17:46	28:55	24.10	2:35:49	6:27	5	43	20:35	32:23
Schwindebeck	9.40	1:12:09	7:40	6	49	18:25	29:04	33.50	3:47:58	6:48	5	49	37:25	56:33
Bispingen	8.90	1:13:59	8:18	6	55	23:36	33:06	42.40	5:01:57	7:07	5	50	1:01:01	1:29:06
Overhaverbeck	10.80	1:27:19	8:05	6	41	35:37	37:10	53.20	6:29:16	7:19	6	51	1:27:42	2:06:16
Undeloh	6.90	1:10:42	10:14	7	62	29:13	37:24	60.10	7:39:58	7:39	5	50	1:53:30	2:43:40
Egestorf	9.20	1:23:16	9:03	5	46	22:33	35:29	69.30	9:03:14	7:50	5	49	2:16:03	3:19:09
Salzhausen	10.70	1:43:27	9:40	6	53	29:35	46:07	80.00	10:46:41	8:05	5	47	2:41:06	4:03:14
Südergellersen	10.90	1:49:37	10:03	7	52	27:22	50:56	90.90	12:36:18	8:19	5	47	3:06:30	4:50:16
Sülzwiesen	9.10	1:19:57	8:47	7	42	13:58	35:37	100.00	13:56:15	8:21	5	46	3:19:25	5:25:53