



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Ott, Stefan

Club: RLT Rodgau
Number: 75

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:08:18

Speed: 7.07 km/h
Running performance: 8:29 min/km

Rank in course/Total: 64 (of 92)

Rank in course/Men: 49 (of 69)

Best time in course: 8:30:22

Rank in category: 7(of 8)

Best time in the category: 10:36:50

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	1:14:48	7:15	8	18:51	62	19:23	10.30	1:14:48	7:15	8	18:51	62	19:23
Amelinghausen	13.80	1:38:51	7:09	7	26:26	56	37:35	24.10	2:53:39	7:12	7	38:25	57	50:13
Schwindebeck	9.40	1:18:50	8:23	7	25:06	56	35:45	33.50	4:12:29	7:32	8	1:01:56	61	1:21:04
Bispingen	8.90	1:13:13	8:13	5	22:50	52	32:20	42.40	5:25:42	7:40	7	1:24:46	57	1:52:51
Overhaverbeck	10.80	1:35:50	8:52	7	44:08	54	45:41	53.20	7:01:32	7:55	8	1:59:58	60	2:38:32
Undeloh	6.90	58:22	8:27	5	16:53	46	25:04	60.10	7:59:54	7:59	7	2:13:26	58	3:03:36
Egestorf	9.20	1:26:26	9:23	7	25:43	52	38:39	69.30	9:26:20	8:10	7	2:39:09	57	3:42:15
Salzhausen	10.70	1:45:47	9:53	7	31:55	56	48:27	80.00	11:12:07	8:24	7	3:06:32	54	4:28:40
Südergellersen	10.90	1:43:08	9:27	6	20:53	44	44:27	90.90	12:55:15	8:31	7	3:25:27	52	5:09:13
Sülzwiesen	9.10	1:13:03	8:01	5	7:04	34	28:43	100.00	14:08:18	8:28	7	3:31:28	49	5:37:56