



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Giesen, Nils

Club: -

Number: 23

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 14:08:40

Speed: 7.07 km/h

Running performance: 8:29 min/km

Rank in course/Total: 65 (of 92)

Rank in course/Men: 50 (of 69)

Best time in course: 8:30:22

Rank in category: 3(of 5)

Best time in the category: 9:39:17

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Südergellersen	10.30	1:06:28	6:27	5	7:28	45	11:03	10.30	1:06:28	6:27	5	7:28	45	11:03
Amelinghausen	13.80	1:35:00	6:53	5	18:50	49	33:44	24.10	2:41:28	6:41	5	25:06	47	38:02
Schwindebeck	9.40	1:10:47	7:31	5	19:41	46	27:42	33.50	3:52:15	6:55	5	44:40	52	1:00:50
Bispingen	8.90	1:09:07	7:45	4	21:25	48	28:14	42.40	5:01:22	7:06	5	1:06:05	49	1:28:31
Overhaverbeck	10.80	1:35:30	8:50	4	33:15	52	45:21	53.20	6:36:52	7:27	5	1:39:20	53	2:13:52
Undeloh	6.90	1:04:26	9:20	4	21:59	58	31:08	60.10	7:41:18	7:40	5	2:01:19	53	2:45:00
Egestorf	9.20	1:29:15	9:42	4	33:49	56	41:28	69.30	9:10:33	7:56	4	2:35:08	54	3:26:28
Salzhausen	10.70	1:42:24	9:34	4	37:29	51	45:04	80.00	10:52:57	8:09	4	3:12:37	51	4:09:30
Südergellersen	10.90	1:50:36	10:08	3	44:54	53	51:55	90.90	12:43:33	8:23	3	3:57:31	51	4:57:31
Sülzwiesen	9.10	1:25:07	9:21	3	31:52	47	40:47	100.00	14:08:40	8:29	3	4:29:23	50	5:38:18