



2. Lüneburger Heide Lauf

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 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 | 1:06:28 | 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 |