



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

Hoffmann, Jens

Club: ULTRARUNNER-Team.de

Number: 34

Course: 100.00 km

Ultra-Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 14:30:16

Speed: 6.89 km/h

Running performance: 8:42 min/km

Rank in course/Total: 68 (of 92)

Rank in course/Men: 52 (of 69)

Best time in course: 8:30:22

Rank in category: 16(of 17)

Best time in the category: 8:30:22

### 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	1:07:40	6:34	12	8:52	53	12:15	10.30	1:07:40	6:34	12	8:52	53	12:15
Amelinghausen	13.80	1:41:03	7:19	15	39:47	57	39:47	24.10	2:48:43	7:00	13	40:53	53	45:17
Schwindebeck	9.40	1:24:34	8:59	15	40:59	59	41:29	33.50	4:13:17	7:33	17	1:21:52	62	1:21:52
Bispingen	8.90	1:13:45	8:17	15	22:52	54	32:52	42.40	5:27:02	7:42	16	1:27:27	58	1:54:11
Overhaverbeck	10.80	1:41:30	9:23	17	37:23	61	51:21	53.20	7:08:32	8:03	17	2:43:01	61	2:45:32
Undeloh	6.90	58:13	8:26	13	23:21	43	24:55	60.10	8:06:45	8:05	17	3:06:22	59	3:10:27
Egestorf	9.20	1:31:40	9:57	17	42:02	59	43:53	69.30	9:38:25	8:20	17	3:48:24	58	3:54:20
Salzhausen	10.70	1:39:36	9:18	13	42:16	46	42:16	80.00	11:18:01	8:28	17	4:30:40	55	4:34:34
Südergellersen	10.90	1:46:05	9:43	15	47:24	47	47:24	90.90	13:04:06	8:37	17	5:18:04	54	5:18:04
Sülzwiesen	9.10	1:26:10	9:28	15	41:50	51	41:50	100.00	14:30:16	8:42	16	5:59:54	52	5:59:54