



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Lehmann, Sven

Club: Tide Runners Hamburg
Number: 55

Course: 100.00 km
Ultra-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 14:34:41

Speed: 6.86 km/h
Running performance: 8:45 min/km

Rank in course/Total: 69 (of 92)

Rank in course/Men: 53 (of 69)

Best time in course: 8:30:22

Rank in category: 17(of 17)

Best time in the category: 8:30:22

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	1:08:33	6:39	13	9:45	55	13:08	10.30	1:08:33	6:39	13	9:45	55	13:08
Amelinghausen	13.80	1:35:45	6:56	11	34:29	51	34:29	24.10	2:44:18	6:49	11	36:28	50	40:52
Schwindebeck	9.40	1:16:22	8:07	14	32:47	54	33:17	33.50	4:00:40	7:11	15	1:09:15	57	1:09:15
Bispingen	8.90	1:16:36	8:36	16	25:43	57	35:43	42.40	5:17:16	7:28	15	1:17:41	55	1:44:25
Overhaverbeck	10.80	1:39:05	9:10	16	34:58	59	48:56	53.20	6:56:21	7:49	16	2:30:50	59	2:33:21
Undeloh	6.90	58:22	8:27	14	23:30	46	25:04	60.10	7:54:43	7:53	16	2:54:20	56	2:58:25
Egestorf	9.20	1:28:32	9:37	15	38:54	55	40:45	69.30	9:23:15	8:07	16	3:33:14	56	3:39:10
Salzhausen	10.70	1:41:29	9:29	14	44:09	48	44:09	80.00	11:04:44	8:18	16	4:17:23	53	4:21:17
Südergellersen	10.90	1:53:09	10:22	17	54:28	55	54:28	90.90	12:57:53	8:33	16	5:11:51	53	5:11:51
Sülzwiesen	9.10	1:36:48	10:38	17	52:28	54	52:28	100.00	14:34:41	8:44	17	6:04:19	53	6:04:19