



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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**Hornberger, Wolfgang**

□□: Deutsch Evern

□□: 38

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 11:46:14

□□: 8.50 km/h

□□□□: 7:04 min/km

□□□□□/□□□□: 33 (of 92)

□□□□□/□: 26 (of 69)

□□□□□□: 8:30:22

□□□□□: 6(of 17)

□□□□□□□: 8:30:22

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.30    | 58:48    | 5:42         | 1       | -       | 5       | 3:23    | 10.30  | 58:48     | 5:42      | 1             | -       | 5       | 3:23    |         |
| Amelinghausen  | 13.80    | 1:16:33  | 5:32         | 2       | 15:17   | 15      | 15:17   | 24.10  | 2:15:21   | 5:36      | 2             | 7:31    | 11      | 11:55   |         |
| Schwindebeck   | 9.40     | 55:14    | 5:52         | 3       | 11:39   | 19      | 12:09   | 33.50  | 3:10:35   | 5:41      | 3             | 19:10   | 16      | 19:10   |         |
| Bispingen      | 8.90     | 1:02:58  | 7:04         | 8       | 12:05   | 39      | 22:05   | 42.40  | 4:13:33   | 5:58      | 3             | 13:58   | 23      | 40:42   |         |
| Overhaverbeck  | 10.80    | 1:21:46  | 7:34         | 7       | 17:39   | 34      | 31:37   | 53.20  | 5:35:19   | 6:18      | 4             | 1:09:48 | 26      | 1:12:19 |         |
| Undeloh        | 6.90     | 49:24    | 7:09         | 6       | 14:32   | 24      | 16:06   | 60.10  | 6:24:43   | 6:24      | 5             | 1:24:20 | 26      | 1:28:25 |         |
| Egestorf       | 9.20     | 1:14:09  | 8:03         | 11      | 24:31   | 36      | 26:22   | 69.30  | 7:38:52   | 6:37      | 5             | 1:48:51 | 27      | 1:54:47 |         |
| Salzhausen     | 10.70    | 1:21:22  | 7:36         | 4       | 24:02   | 20      | 24:02   | 80.00  | 9:00:14   | 6:45      | 5             | 2:12:53 | 26      | 2:16:47 |         |
| Südergellersen | 10.90    | 1:36:45  | 8:52         | 11      | 38:04   | 33      | 38:04   | 90.90  | 10:36:59  | 7:00      | 6             | 2:50:57 | 27      | 2:50:57 |         |
| Sülzwiesen     | 9.10     | 1:09:15  | 7:36         | 7       | 24:55   | 28      | 24:55   | 100.00 | 11:46:14  | 7:03      | 6             | 3:15:52 | 26      | 3:15:52 |         |