



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Hoffmann, Jens

□□: ULTRARUNNER-Team.de

□□: 34

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 14:30:16

□□: 6.89 km/h

□□□□: 8:42 min/km

□□□□□/□□□□: 68 (of 92)

□□□□□/□: 52 (of 69)

□□□□□□: 8:30:22

□□□□□: 16(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    | 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 |         |