



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

Nordmark

Number: 358

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 8:44:53

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course: 14 (of 83)

Best time in course: 7:28:54

Rank in category: 14(of 82)

Best time in the category: 7:28:54

| Control        | Intermediate times |            |              |          |             |           | Stage score  |          |            |              | Total ranking |             |           |              |
|----------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|----------|------------|--------------|---------------|-------------|-----------|--------------|
|                | Split km           | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Total | Behind Total | Total km | Total Time | Total min/km | Pos Cat.      | Behind Cat. | Pos Total | Behind Total |
| Südergellersen | 10.30              | 52:37      | 5:06         | 26       | 12:40       | 26        | 12:40        | 10.30    | 52:37      | 5:06         | 26            | 12:40       | 26        | 12:40        |
| Amelinghausen  | 13.80              | 1:13:55    | 5:21         | 39       | 21:10       | 40        | 21:10        | 24.10    | 2:06:32    | 5:15         | 30            | 28:03       | 31        | 28:03        |
| Schwindebeck   | 9.40               | 52:40      | 5:36         | 28       | 15:20       | 29        | 15:20        | 33.50    | 2:59:12    | 5:20         | 30            | 34:56       | 31        | 34:56        |
| Bispingen      | 8.90               | 52:20      | 5:52         | 43       | 15:58       | 44        | 15:58        | 42.40    | 3:51:32    | 5:27         | 37            | 45:44       | 38        | 45:44        |
| Overhaverbeck  | 10.80              | 57:23      | 5:18         | 28       | 12:28       | 28        | 12:28        | 53.20    | 4:48:55    | 5:25         | 30            | 58:12       | 31        | 58:12        |
| Undeloh        | 6.90               | 37:39      | 5:27         | 25       | 9:37        | 25        | 9:37         | 60.10    | 5:26:34    | 5:26         | 28            | 1:02:11     | 29        | 1:02:11      |
| Egestorf       | 9.20               | 38:45      | 4:12         | 2        | 0:31        | 2         | 0:31         | 69.30    | 6:05:19    | 5:16         | 17            | 52:28       | 17        | 52:28        |
| Salzhausen     | 10.70              | 46:24      | 4:20         | 5        | 4:48        | 5         | 4:48         | 80.00    | 6:51:43    | 5:08         | 9             | 52:39       | 9         | 52:39        |
| Südergellersen | 10.90              | 1:05:18    | 5:59         | 52       | 20:38       | 53        | 20:38        | 90.90    | 7:57:01    | 5:14         | 15            | 1:05:56     | 15        | 1:05:56      |
| Sülzwiesen     | 9.10               | 47:52      | 5:15         | 31       | 11:45       | 31        | 11:45        | 100.00   | 8:44:53    | 5:14         | 14            | 1:15:59     | 14        | 1:15:59      |