



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

Heidewitzka!

Number: 326

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 8:46:21

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course: 16 (of 83)

Best time in course: 7:28:54

Rank in category: 16(of 82)

Best time in the category: 7:28:54

### Intermediate times

### Stage score

### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos  |       | Behind |       | Total<br>km | Total<br>Time | Total<br>min/km | Pos  |         | Behind |         |
|----------------|-------------|---------------|-----------------|------|-------|--------|-------|-------------|---------------|-----------------|------|---------|--------|---------|
|                |             |               |                 | Cat. | Total | Cat.   | Total |             |               |                 | Cat. | Total   | Cat.   | Total   |
| Südergellersen | 10.30       | 1:00:02       | 5:49            | 55   | 20:05 | 56     | 20:05 | 10.30       | 1:00:02       | 5:49            | 55   | 20:05   | 56     | 20:05   |
| Amelinghausen  | 13.80       | 55:28         | 4:01            | 2    | 2:43  | 2      | 2:43  | 24.10       | 1:55:30       | 4:47            | 11   | 17:01   | 11     | 17:01   |
| Schwindebeck   | 9.40        | 50:52         | 5:24            | 22   | 13:32 | 23     | 13:32 | 33.50       | 2:46:22       | 4:57            | 13   | 22:06   | 13     | 22:06   |
| Bispingen      | 8.90        | 43:09         | 4:50            | 12   | 6:47  | 12     | 6:47  | 42.40       | 3:29:31       | 4:56            | 10   | 23:43   | 10     | 23:43   |
| Overhaverbeck  | 10.80       | 1:00:09       | 5:34            | 42   | 15:14 | 42     | 15:14 | 53.20       | 4:29:40       | 5:04            | 11   | 38:57   | 11     | 38:57   |
| Undeloh        | 6.90        | 40:40         | 5:53            | 40   | 12:38 | 41     | 12:38 | 60.10       | 5:10:20       | 5:09            | 12   | 45:57   | 12     | 45:57   |
| Egestorf       | 9.20        | 49:09         | 5:20            | 23   | 10:55 | 23     | 10:55 | 69.30       | 5:59:29       | 5:11            | 12   | 46:38   | 12     | 46:38   |
| Salzhausen     | 10.70       | 1:00:03       | 5:36            | 42   | 18:27 | 43     | 18:27 | 80.00       | 6:59:32       | 5:14            | 16   | 1:00:28 | 16     | 1:00:28 |
| Südergellersen | 10.90       | 52:12         | 4:47            | 12   | 7:32  | 12     | 7:32  | 90.90       | 7:51:44       | 5:11            | 11   | 1:00:39 | 11     | 1:00:39 |
| Sülzwiesen     | 9.10        | 54:37         | 6:00            | 52   | 18:30 | 53     | 18:30 | 100.00      | 8:46:21       | 5:15            | 16   | 1:17:27 | 16     | 1:17:27 |