



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

AOK Niedersachsen

Number: 303

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 8:54:27

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course: 22 (of 83)

Best time in course: 7:28:54

Rank in category: 22(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	49:55	4:50	18	9:58	18	9:58	10.30	49:55	4:50	18	9:58	18	9:58
Amelinghausen	13.80	1:04:45	4:41	12	12:00	13	12:00	24.10	1:54:40	4:45	9	16:11	9	16:11
Schwindebeck	9.40	56:49	6:02	42	19:29	43	19:29	33.50	2:51:29	5:07	23	27:13	24	27:13
Bispingen	8.90	54:12	6:05	51	17:50	52	17:50	42.40	3:45:41	5:19	26	39:53	27	39:53
Overhaverbeck	10.80	1:06:30	6:09	67	21:35	68	21:35	53.20	4:52:11	5:29	34	1:01:28	35	1:01:28
Undeloh	6.90	43:37	6:19	51	15:35	52	15:35	60.10	5:35:48	5:35	37	1:11:25	38	1:11:25
Egestorf	9.20	47:32	5:10	14	9:18	14	9:18	69.30	6:23:20	5:31	30	1:10:29	31	1:10:29
Salzhausen	10.70	48:39	4:32	8	7:03	8	7:03	80.00	7:11:59	5:23	23	1:12:55	23	1:12:55
Südergellersen	10.90	54:15	4:58	15	9:35	15	9:35	90.90	8:06:14	5:20	21	1:15:09	21	1:15:09
Sülzwiesen	9.10	48:13	5:17	35	12:06	35	12:06	100.00	8:54:27	5:20	22	1:25:33	22	1:25:33