



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Die schnellen Scharnebecker

Number: 314

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 8:55:11

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course: 23 (of 83)

Best time in course: 7:28:54

Rank in category: 23(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	48:44	4:43	11	8:47	11	8:47	10.30	48:44	4:43	11	8:47	11	8:47
Amelinghausen	13.80	1:15:27	5:28	45	22:42	46	22:42	24.10	2:04:11	5:09	24	25:42	25	25:42
Schwindebeck	9.40	52:02	5:32	25	14:42	26	14:42	33.50	2:56:13	5:15	26	31:57	27	31:57
Bispingen	8.90	53:07	5:58	44	16:45	45	16:45	42.40	3:49:20	5:24	30	43:32	31	43:32
Overhaverbeck	10.80	47:44	4:25	3	2:49	3	2:49	53.20	4:37:04	5:12	16	46:21	16	46:21
Undeloh	6.90	40:53	5:55	41	12:51	42	12:51	60.10	5:17:57	5:17	19	53:34	20	53:34
Egestorf	9.20	52:16	5:40	39	14:02	39	14:02	69.30	6:10:13	5:20	22	57:22	22	57:22
Salzhausen	10.70	57:35	5:22	32	15:59	33	15:59	80.00	7:07:48	5:20	19	1:08:44	19	1:08:44
Südergellersen	10.90	59:36	5:28	37	14:56	38	14:56	90.90	8:07:24	5:21	23	1:16:19	23	1:16:19
Sülzwiesen	9.10	47:47	5:15	30	11:40	30	11:40	100.00	8:55:11	5:21	23	1:26:17	23	1:26:17