



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

Theda und die starken Marienauer

Number: 376

Course: 100.00 km

Lüneburger Heide Lauf

Category:

Schülerstaffel (5-10)

Total time: 9:03:09

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course: 24 (of 83)

Best time in course: 7:28:54

Rank in category: 1(of 1)

Best time in the category: 9:03:09

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Südergellersen	10.30	57:02	5:32	1	-	42	17:05	10.30	57:02	5:32	1	-	42	17:05
Amelinghausen	13.80	1:02:40	4:32	1	-	7	9:55	24.10	1:59:42	4:58	1	-	18	21:13
Schwindebeck	9.40	48:22	5:08	1	-	15	11:02	33.50	2:48:04	5:01	1	-	18	23:48
Bispingen	8.90	47:16	5:18	1	-	23	10:54	42.40	3:35:20	5:04	1	-	14	29:32
Overhaverbeck	10.80	1:02:34	5:47	1	-	51	17:39	53.20	4:37:54	5:13	1	-	17	47:11
Undeloh	6.90	39:14	5:41	1	-	34	11:12	60.10	5:17:08	5:16	1	-	18	52:45
Egestorf	9.20	1:00:28	6:34	1	-	73	22:14	69.30	6:17:36	5:26	1	-	27	1:04:45
Salzhausen	10.70	56:42	5:17	1	-	29	15:06	80.00	7:14:18	5:25	1	-	27	1:15:14
Südergellersen	10.90	58:13	5:20	1	-	28	13:33	90.90	8:12:31	5:25	1	-	24	1:21:26
Sülzwiesen	9.10	50:38	5:33	1	-	42	14:31	100.00	9:03:09	5:25	1	-	24	1:34:15