



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

LCW Heidschnucken

Number: 347

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:04:10

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course: 26 (of 83)

Best time in course: 7:28:54

Rank in category: 25(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	50:29	4:54	20	10:32	20	10:32	10.30	50:29	4:54	20	10:32	20	10:32
Amelinghausen	13.80	1:05:48	4:46	15	13:03	16	13:03	24.10	1:56:17	4:49	13	17:48	13	17:48
Schwindebeck	9.40	50:14	5:20	19	12:54	20	12:54	33.50	2:46:31	4:58	14	22:15	14	22:15
Bispingen	8.90	49:25	5:33	33	13:03	34	13:03	42.40	3:35:56	5:05	14	30:08	15	30:08
Overhaverbeck	10.80	1:05:48	6:05	63	20:53	64	20:53	53.20	4:41:44	5:17	22	51:01	23	51:01
Undeloh	6.90	42:13	6:07	46	14:11	47	14:11	60.10	5:23:57	5:23	24	59:34	25	59:34
Egestorf	9.20	54:28	5:55	49	16:14	49	16:14	69.30	6:18:25	5:27	27	1:05:34	28	1:05:34
Salzhausen	10.70	1:06:54	6:15	63	25:18	64	25:18	80.00	7:25:19	5:33	36	1:26:15	37	1:26:15
Südergellersen	10.90	50:56	4:40	8	6:16	8	6:16	90.90	8:16:15	5:27	27	1:25:10	28	1:25:10
Sülzwiesen	9.10	47:55	5:15	32	11:48	32	11:48	100.00	9:04:10	5:26	25	1:35:16	26	1:35:16