



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

CCR92

Number: 308

Course: 100.00 km
Lüneburger Heide Lauf

Category:
5-10er Staffel

Total time: 9:03:55

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course: 25 (of 83)

Best time in course: 7:28:54

Rank in category: 24(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	1:03:06	6:07	68	23:09	69	23:09	10.30	1:03:06	6:07	68	23:09	69	23:09
Amelinghausen	13.80	1:38:55	7:10	73	46:10	74	46:10	24.10	2:42:01	6:43	73	1:03:32	74	1:03:32
Schwindebeck	9.40	52:25	5:34	27	15:05	28	15:05	33.50	3:34:26	6:24	78	1:10:10	79	1:10:10
Bispingen	8.90	51:07	5:44	40	14:45	41	14:45	42.40	4:25:33	6:15	70	1:19:45	71	1:19:45
Overhaverbeck	10.80	50:46	4:42	6	5:51	6	5:51	53.20	5:16:19	5:56	60	1:25:36	61	1:25:36
Undeloh	6.90	30:10	4:22	4	2:08	4	2:08	60.10	5:46:29	5:45	44	1:22:06	45	1:22:06
Egestorf	9.20	41:28	4:30	3	3:14	3	3:14	69.30	6:27:57	5:35	36	1:15:06	37	1:15:06
Salzhausen	10.70	47:00	4:23	6	5:24	6	5:24	80.00	7:14:57	5:26	27	1:15:53	28	1:15:53
Südergellersen	10.90	1:08:28	6:16	60	23:48	61	23:48	90.90	8:23:25	5:32	35	1:32:20	36	1:32:20
Sülzwiesen	9.10	40:30	4:27	6	4:23	6	4:23	100.00	9:03:55	5:26	24	1:35:01	25	1:35:01