



2. Lüneburger Heidelauf  
Lüneburg / 15.06.2019

Detailed evaluation

BSG Ausdauersport Rheinmetall Unterflörs Total time: 7:33:01

Number: 306

Speed: 13.24 km/h

Running performance: 4:32 min/km

Course: 100.00 km

Lüneburger Heide Lauf

Rank in course: 3 (of 83)

Best time in course: 7:28:54

Category:

5-10er Staffel

Rank in category: 3(of 82)

Best time in the category: 7:28:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Südergellersen	10.30	46:25	4:30	10	6:28	10	6:28	10.30	46:25	4:30	10	6:28	10	6:28
Amelinghausen	13.80	58:43	4:15	4	5:58	4	5:58	24.10	1:45:08	4:21	2	6:39	2	6:39
Schwindebeck	9.40	41:48	4:26	2	4:28	2	4:28	33.50	2:26:56	4:23	3	2:40	3	2:40
Bispingen	8.90	41:52	4:42	9	5:30	9	5:30	42.40	3:08:48	4:27	2	3:00	2	3:00
Overhaverbeck	10.80	51:16	4:44	10	6:21	10	6:21	53.20	4:00:04	4:30	2	9:21	2	9:21
Undeloh	6.90	31:33	4:34	7	3:31	7	3:31	60.10	4:31:37	4:31	2	7:14	2	7:14
Egestorf	9.20	41:58	4:33	4	3:44	4	3:44	69.30	5:13:35	4:31	2	0:44	2	0:44
Salzhausen	10.70	45:29	4:15	2	3:53	2	3:53	80.00	5:59:04	4:29	1	-	1	-
Südergellersen	10.90	52:01	4:46	10	7:21	10	7:21	90.90	6:51:05	4:31	1	-	1	-
Sülzwiesen	9.10	41:56	4:36	11	5:49	11	5:49	100.00	7:33:01	4:31	3	4:07	3	4:07