



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

Wir tun es Laufend

Number: 385

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:09:47

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course: 30 (of 83)

Best time in course: 7:28:54

Rank in category: 29(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	56:56	5:31	40	16:59	40	16:59	10.30	56:56	5:31	40	16:59	40	16:59
Amelinghausen	13.80	1:13:04	5:17	34	20:19	35	20:19	24.10	2:10:00	5:23	34	31:31	35	31:31
Schwindebeck	9.40	58:25	6:12	49	21:05	50	21:05	33.50	3:08:25	5:37	46	44:09	47	44:09
Bispingen	8.90	47:28	5:19	24	11:06	25	11:06	42.40	3:55:53	5:33	41	50:05	42	50:05
Overhaverbeck	10.80	1:00:30	5:36	43	15:35	43	15:35	53.20	4:56:23	5:34	39	1:05:40	40	1:05:40
Undeloh	6.90	38:51	5:37	31	10:49	31	10:49	60.10	5:35:14	5:34	35	1:10:51	36	1:10:51
Egestorf	9.20	51:33	5:36	35	13:19	35	13:19	69.30	6:26:47	5:34	33	1:13:56	34	1:13:56
Salzhausen	10.70	57:11	5:20	31	15:35	32	15:35	80.00	7:23:58	5:32	34	1:24:54	35	1:24:54
Südergellersen	10.90	55:10	5:03	16	10:30	16	10:30	90.90	8:19:08	5:29	30	1:28:03	31	1:28:03
Sülzwiesen	9.10	50:39	5:33	42	14:32	43	14:32	100.00	9:09:47	5:29	29	1:40:53	30	1:40:53