



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

2 Minuten schneller

Number: 302

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:13:50

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course: 32 (of 83)

Best time in course: 7:28:54

Rank in category: 31(of 82)

Best time in the category: 7:28:54

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Total		
	km	Time			min/km	Cat.		Cat.	Total			Total	km	Time
Südergellersen	10.30	1:05:17	6:20	72	25:20	73	25:20	10.30	1:05:17	6:20	72	25:20	73	25:20
Amelinghausen	13.80	1:09:42	5:03	27	16:57	28	16:57	24.10	2:14:59	5:36	45	36:30	46	36:30
Schwindebeck	9.40	51:53	5:31	24	14:33	25	14:33	33.50	3:06:52	5:34	41	42:36	42	42:36
Bispingen	8.90	44:01	4:56	17	7:39	17	7:39	42.40	3:50:53	5:26	35	45:05	36	45:05
Overhaverbeck	10.80	59:12	5:28	37	14:17	37	14:17	53.20	4:50:05	5:27	31	59:22	32	59:22
Undeloh	6.90	39:38	5:44	36	11:36	37	11:36	60.10	5:29:43	5:29	30	1:05:20	31	1:05:20
Egestorf	9.20	58:38	6:22	61	20:24	61	20:24	69.30	6:28:21	5:36	38	1:15:30	39	1:15:30
Salzhausen	10.70	54:44	5:06	18	13:08	18	13:08	80.00	7:23:05	5:32	33	1:24:01	34	1:24:01
Südergellersen	10.90	1:05:24	6:00	53	20:44	54	20:44	90.90	8:28:29	5:35	36	1:37:24	37	1:37:24
Sülzwiesen	9.10	45:21	4:59	20	9:14	20	9:14	100.00	9:13:50	5:32	31	1:44:56	32	1:44:56