



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Lauftreff TuS Hohnstorf

Number: 339

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:17:03

Speed: 10.77 km/h

Running performance: 5:34 min/km

Rank in course: 36 (of 83)

Best time in course: 7:28:54

Rank in category: 35(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 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	49:40	4:49	14	9:43	14	9:43	10.30	49:40	4:49	14	9:43	14	9:43
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	1:58:20	12:35	76	1:21:00	77	1:21:00	33.50	2:48:00	5:00	17	23:44	17	23:44
Bispingen	8.90	57:39	6:28	60	21:17	61	21:17	42.40	3:45:39	5:19	25	39:51	26	39:51
Overhaverbeck	10.80	59:15	5:29	38	14:20	38	14:20	53.20	4:44:54	5:21	26	54:11	27	54:11
Undeloh	6.90	43:13	6:15	48	15:11	49	15:11	60.10	5:28:07	5:27	29	1:03:44	30	1:03:44
Egestorf	9.20	59:50	6:30	66	21:36	66	21:36	69.30	6:27:57	5:35	36	1:15:06	37	1:15:06
Salzhausen	10.70	50:28	4:42	11	8:52	11	8:52	80.00	7:18:25	5:28	30	1:19:21	31	1:19:21
Südergellersen	10.90	58:43	5:23	32	14:03	33	14:03	90.90	8:17:08	5:28	29	1:26:03	30	1:26:03
Sülzwiesen	9.10	59:55	6:35	72	23:48	73	23:48	100.00	9:17:03	5:34	35	1:48:09	36	1:48:09