



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

Impuls fit & aktiv gesund

Number: 331

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:17:40

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course: 37 (of 83)

Best time in course: 7:28:54

Rank in category: 36(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.	Cat.	Total	Total				Cat.	Cat.	Total	Total
Südergellersen	10.30	53:37	5:12	29	13:40	29	13:40	10.30	53:37	5:12	29	13:40	29	13:40
Amelinghausen	13.80	1:09:01	5:00	23	16:16	24	16:16	24.10	2:02:38	5:05	20	24:09	21	24:09
Schwindebeck	9.40	48:44	5:11	15	11:24	16	11:24	33.50	2:51:22	5:06	22	27:06	23	27:06
Bispingen	8.90	50:53	5:43	39	14:31	40	14:31	42.40	3:42:15	5:14	18	36:27	19	36:27
Overhaverbeck	10.80	1:09:17	6:24	71	24:22	72	24:22	53.20	4:51:32	5:28	33	1:00:49	34	1:00:49
Undeloh	6.90	46:55	6:47	59	18:53	60	18:53	60.10	5:38:27	5:37	39	1:14:04	40	1:14:04
Egestorf	9.20	50:06	5:26	28	11:52	28	11:52	69.30	6:28:33	5:36	39	1:15:42	40	1:15:42
Salzhausen	10.70	1:00:03	5:36	42	18:27	43	18:27	80.00	7:28:36	5:36	38	1:29:32	39	1:29:32
Südergellersen	10.90	51:38	4:44	9	6:58	9	6:58	90.90	8:20:14	5:30	31	1:29:09	32	1:29:09
Sülzwiesen	9.10	57:26	6:18	63	21:19	64	21:19	100.00	9:17:40	5:34	36	1:48:46	37	1:48:46