



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

NoMeatAthletes

Number: 357

Course: 100.00 km
Lüneburger Heide Lauf

Category:
5-10er Staffel

Total time: 9:24:16

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course: 41 (of 83)

Best time in course: 7:28:54

Rank in category: 40(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	56:50	5:31	39	16:53	39	16:53	10.30	56:50	5:31	39	16:53	39	16:53
Amelinghausen	13.80	1:07:19	4:52	18	14:34	19	14:34	24.10	2:04:09	5:09	23	25:40	24	25:40
Schwindebeck	9.40	57:36	6:07	44	20:16	45	20:16	33.50	3:01:45	5:25	34	37:29	35	37:29
Bispingen	8.90	43:19	4:52	15	6:57	15	6:57	42.40	3:45:04	5:18	22	39:16	23	39:16
Overhaverbeck	10.80	58:58	5:27	35	14:03	35	14:03	53.20	4:44:02	5:20	25	53:19	26	53:19
Undeloh	6.90	50:13	7:16	70	22:11	71	22:11	60.10	5:34:15	5:33	33	1:09:52	34	1:09:52
Egestorf	9.20	59:53	6:30	68	21:39	68	21:39	69.30	6:34:08	5:41	42	1:21:17	43	1:21:17
Salzhausen	10.70	56:23	5:16	26	14:47	26	14:47	80.00	7:30:31	5:37	39	1:31:27	40	1:31:27
Südergellersen	10.90	58:24	5:21	30	13:44	31	13:44	90.90	8:28:55	5:35	37	1:37:50	38	1:37:50
Sülzwiesen	9.10	55:21	6:04	55	19:14	56	19:14	100.00	9:24:16	5:38	40	1:55:22	41	1:55:22