



2. Lüneburger Heide Lauf

Lüneburg / 15.06.2019

Detailed evaluation

...läuft!

Number: 301

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:24:08

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course: 40 (of 83)

Best time in course: 7:28:54

Rank in category: 39(of 82)

Best time in the category: 7:28:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Südergellersen	10.30	49:51	4:50	17	9:54	17	9:54	10.30	49:51	4:50	17	9:54	17	9:54
Amelinghausen	13.80	1:24:03	6:05	67	31:18	68	31:18	24.10	2:13:54	5:33	41	35:25	42	35:25
Schwindebeck	9.40	54:58	5:50	37	17:38	38	17:38	33.50	3:08:52	5:38	48	44:36	49	44:36
Bispingen	8.90	58:45	6:36	65	22:23	66	22:23	42.40	4:07:37	5:50	55	1:01:49	56	1:01:49
Overhaverbeck	10.80	1:00:00	5:33	40	15:05	40	15:05	53.20	5:07:37	5:46	49	1:16:54	50	1:16:54
Undeloh	6.90	32:53	4:45	10	4:51	10	4:51	60.10	5:40:30	5:39	42	1:16:07	43	1:16:07
Egestorf	9.20	43:36	4:44	6	5:22	6	5:22	69.30	6:24:06	5:32	32	1:11:15	33	1:11:15
Salzhausen	10.70	58:24	5:27	35	16:48	36	16:48	80.00	7:22:30	5:31	32	1:23:26	33	1:23:26
Südergellersen	10.90	1:00:47	5:34	38	16:07	39	16:07	90.90	8:23:17	5:32	34	1:32:12	35	1:32:12
Sülzwiesen	9.10	1:00:51	6:41	78	24:44	79	24:44	100.00	9:24:08	5:38	39	1:55:14	40	1:55:14