



2. Lüneburger Heide Lauf

Lüneburg / 15.06.2019

Detailed evaluation

Team ZeitlosLauf

Number: 375

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:27:29

Speed: 10.57 km/h

Running performance: 5:40 min/km

Rank in course: 44 (of 83)

Best time in course: 7:28:54

Rank in category: 43(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.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Südergellersen	10.30	58:01	5:37	45	18:04	46	18:04	10.30	58:01	5:37	45	18:04	46	18:04	
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-	
Schwindebeck	9.40	2:18:01	14:40	82	1:40:41	83	1:40:41	33.50	3:16:02	5:51	58	51:46	59	51:46	
Bispingen	8.90	53:46	6:02	48	17:24	49	17:24	42.40	4:09:48	5:53	58	1:04:00	59	1:04:00	
Overhaverbeck	10.80	1:05:42	6:04	62	20:47	63	20:47	53.20	5:15:30	5:55	58	1:24:47	59	1:24:47	
Undeloh	6.90	37:59	5:30	27	9:57	27	9:57	60.10	5:53:29	5:52	50	1:29:06	51	1:29:06	
Egestorf	9.20	51:15	5:34	33	13:01	33	13:01	69.30	6:44:44	5:50	49	1:31:53	50	1:31:53	
Salzhausen	10.70	55:00	5:08	20	13:24	20	13:24	80.00	7:39:44	5:44	44	1:40:40	45	1:40:40	
Südergellersen	10.90	53:55	4:56	14	9:15	14	9:15	90.90	8:33:39	5:39	40	1:42:34	41	1:42:34	
Sülzwiesen	9.10	53:50	5:54	51	17:43	52	17:43	100.00	9:27:29	5:40	43	1:58:35	44	1:58:35	