



2. Lüneburger Heide Lauf

Lüneburg / 15.06.2019

Detailed evaluation

Staffelhelden

Number: 368

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:34:39

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course: 46 (of 83)

Best time in course: 7:28:54

Rank in category: 45(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	53:57	5:14	31	14:00	31	14:00	10.30	53:57	5:14	31	14:00	31	14:00
Amelinghausen	13.80	1:13:10	5:18	35	20:25	36	20:25	24.10	2:07:07	5:16	31	28:38	32	28:38
Schwindebeck	9.40	51:50	5:30	23	14:30	24	14:30	33.50	2:58:57	5:20	29	34:41	30	34:41
Bispingen	8.90	48:47	5:28	29	12:25	30	12:25	42.40	3:47:44	5:22	27	41:56	28	41:56
Overhaverbeck	10.80	1:07:39	6:15	68	22:44	69	22:44	53.20	4:55:23	5:33	37	1:04:40	38	1:04:40
Undeloh	6.90	44:17	6:25	54	16:15	55	16:15	60.10	5:39:40	5:39	41	1:15:17	42	1:15:17
Egestorf	9.20	59:50	6:30	66	21:36	66	21:36	69.30	6:39:30	5:45	44	1:26:39	45	1:26:39
Salzhausen	10.70	56:59	5:19	30	15:23	31	15:23	80.00	7:36:29	5:42	42	1:37:25	43	1:37:25
Südergellersen	10.90	1:03:03	5:47	48	18:23	49	18:23	90.90	8:39:32	5:42	44	1:48:27	45	1:48:27
Sülzwiesen	9.10	55:07	6:03	54	19:00	55	19:00	100.00	9:34:39	5:44	45	2:05:45	46	2:05:45