



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Lausitzer Heideläufer 2

Number: 346

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:43:58

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course: 50 (of 83)

Best time in course: 7:28:54

Rank in category: 49(of 82)

Best time in the category: 7:28:54

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Total			Total	km	
Südergellersen	10.30	1:01:08	5:56	61	21:11	62	21:11	10.30	1:01:08	5:56	61	21:11	62	21:11
Amelinghausen	13.80	1:00:33	4:23	5	7:48	5	7:48	24.10	2:01:41	5:02	19	23:12	20	23:12
Schwindebeck	9.40	45:26	4:49	5	8:06	5	8:06	33.50	2:47:07	4:59	16	22:51	16	22:51
Bispingen	8.90	1:07:39	7:36	75	31:17	76	31:17	42.40	3:54:46	5:32	39	48:58	40	48:58
Overhaverbeck	10.80	1:04:04	5:55	57	19:09	58	19:09	53.20	4:58:50	5:37	43	1:08:07	44	1:08:07
Undeloh	6.90	52:41	7:38	73	24:39	74	24:39	60.10	5:51:31	5:50	45	1:27:08	46	1:27:08
Egestorf	9.20	59:28	6:27	64	21:14	64	21:14	69.30	6:50:59	5:55	53	1:38:08	54	1:38:08
Salzhausen	10.70	1:04:34	6:02	58	22:58	59	22:58	80.00	7:55:33	5:56	57	1:56:29	58	1:56:29
Südergellersen	10.90	1:04:41	5:56	50	20:01	51	20:01	90.90	9:00:14	5:56	55	2:09:09	56	2:09:09
Sülzwiesen	9.10	43:44	4:48	12	7:37	12	7:37	100.00	9:43:58	5:50	49	2:15:04	50	2:15:04