



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

SV Hodenhagen Lauffreff

Number: 371

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:47:26

Speed: 10.21 km/h

Running performance: 5:52 min/km

Rank in course: 52 (of 83)

Best time in course: 7:28:54

Rank in category: 51(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.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Südergellersen	10.30	57:11	5:33	42	17:14	43	17:14	10.30	57:11	5:33	42	17:14	43	17:14
Amelinghausen	13.80	1:16:02	5:30	47	23:17	48	23:17	24.10	2:13:13	5:31	40	34:44	41	34:44
Schwindebeck	9.40	54:08	5:45	32	16:48	33	16:48	33.50	3:07:21	5:35	43	43:05	44	43:05
Bispingen	8.90	57:33	6:27	59	21:11	60	21:11	42.40	4:04:54	5:46	49	59:06	50	59:06
Overhaverbeck	10.80	1:09:22	6:25	72	24:27	73	24:27	53.20	5:14:16	5:54	56	1:23:33	57	1:23:33
Undeloh	6.90	43:57	6:22	53	15:55	54	15:55	60.10	5:58:13	5:57	58	1:33:50	59	1:33:50
Egestorf	9.20	59:53	6:30	68	21:39	68	21:39	69.30	6:58:06	6:01	60	1:45:15	61	1:45:15
Salzhausen	10.70	1:00:08	5:37	44	18:32	45	18:32	80.00	7:58:14	5:58	58	1:59:10	59	1:59:10
Südergellersen	10.90	59:23	5:26	35	14:43	36	14:43	90.90	8:57:37	5:54	51	2:06:32	52	2:06:32
Sülzwiesen	9.10	49:49	5:28	38	13:42	38	13:42	100.00	9:47:26	5:52	51	2:18:32	52	2:18:32