



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

HeidSchnecken

Number: 327

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 9:50:11

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course: 53 (of 83)

Best time in course: 7:28:54

Rank in category: 52(of 82)

Best time in the category: 7:28:54

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | Total ranking | | Total km | Total Time | Total min/km | Stage score | | Total ranking | |
|----------------|-------------|---------------|-----------------|-------------|----------------|---------------|-----------------|-------------|---------------|-----------------|-------------|----------------|---------------|-----------------|
| | | | | Pos Cat. | Behind Cat. | Pos Total | Behind Total | | | | Pos Cat. | Behind Cat. | Pos Total | Behind Total |
| Südergellersen | 10.30 | 52:13 | 5:04 | 25 | 12:16 | 25 | 12:16 | 10.30 | 52:13 | 5:04 | 25 | 12:16 | 25 | 12:16 |
| Amelinghausen | 13.80 | 1:18:44 | 5:42 | 53 | 25:59 | 54 | 25:59 | 24.10 | 2:10:57 | 5:26 | 35 | 32:28 | 36 | 32:28 |
| Schwindebeck | 9.40 | 56:12 | 5:58 | 40 | 18:52 | 41 | 18:52 | 33.50 | 3:07:09 | 5:35 | 42 | 42:53 | 43 | 42:53 |
| Bispingen | 8.90 | 58:28 | 6:34 | 64 | 22:06 | 65 | 22:06 | 42.40 | 4:05:37 | 5:47 | 51 | 59:49 | 52 | 59:49 |
| Overhaverbeck | 10.80 | 1:06:03 | 6:06 | 65 | 21:08 | 66 | 21:08 | 53.20 | 5:11:40 | 5:51 | 54 | 1:20:57 | 55 | 1:20:57 |
| Undeloh | 6.90 | 41:36 | 6:01 | 45 | 13:34 | 46 | 13:34 | 60.10 | 5:53:16 | 5:52 | 49 | 1:28:53 | 50 | 1:28:53 |
| Egestorf | 9.20 | 1:00:23 | 6:33 | 71 | 22:09 | 71 | 22:09 | 69.30 | 6:53:39 | 5:58 | 58 | 1:40:48 | 59 | 1:40:48 |
| Salzhausen | 10.70 | 59:30 | 5:33 | 40 | 17:54 | 41 | 17:54 | 80.00 | 7:53:09 | 5:54 | 56 | 1:54:05 | 57 | 1:54:05 |
| Südergellersen | 10.90 | 59:16 | 5:26 | 34 | 14:36 | 35 | 14:36 | 90.90 | 8:52:25 | 5:51 | 49 | 2:01:20 | 50 | 2:01:20 |
| Sülzwiesen | 9.10 | 57:46 | 6:20 | 65 | 21:39 | 66 | 21:39 | 100.00 | 9:50:11 | 5:54 | 52 | 2:21:17 | 53 | 2:21:17 |