



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

GCP-Sports

Number: 320

Course: 100.00 km
Lüneburger Heide Lauf

Category:
5-10er Staffel

Total time: 9:54:57

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course: 56 (of 83)

Best time in course: 7:28:54

Rank in category: 55(of 82)

Best time in the category: 7:28:54

Control	Intermediate times						Stage score				Total ranking			
	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	51:23	4:59	23	11:26	23	11:26	10.30	51:23	4:59	23	11:26	23	11:26
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	2:17:23	14:36	81	1:40:03	82	1:40:03	33.50	3:08:46	5:38	47	44:30	48	44:30
Bispingen	8.90	1:11:55	8:04	80	35:33	81	35:33	42.40	4:20:41	6:08	68	1:14:53	69	1:14:53
Overhaverbeck	10.80	58:35	5:25	31	13:40	31	13:40	53.20	5:19:16	6:00	62	1:28:33	63	1:28:33
Undeloh	6.90	56:22	8:10	79	28:20	80	28:20	60.10	6:15:38	6:15	71	1:51:15	72	1:51:15
Egestorf	9.20	59:11	6:25	63	20:57	63	20:57	69.30	7:14:49	6:16	71	2:01:58	72	2:01:58
Salzhausen	10.70	1:11:26	6:40	75	29:50	76	29:50	80.00	8:26:15	6:19	75	2:27:11	76	2:27:11
Südergellersen	10.90	46:55	4:18	4	2:15	4	2:15	90.90	9:13:10	6:05	63	2:22:05	64	2:22:05
Sülzwiesen	9.10	41:47	4:35	10	5:40	10	5:40	100.00	9:54:57	5:56	55	2:26:03	56	2:26:03