



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

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 | 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 |