



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

BBR-Team

Number: 304

Course: 100.00 km
Lüneburger Heide Lauf

Category:
5-10er Staffel

Total time: 9:57:58

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course: 60 (of 83)

Best time in course: 7:28:54

Rank in category: 59(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 | 1:10:03 | 6:48 | 78 | 30:06 | 79 | 30:06 | 10.30 | 1:10:03 | 6:48 | 78 | 30:06 | 79 | 30:06 |
| Amelinghausen | 13.80 | 1:11:18 | 5:09 | 29 | 18:33 | 30 | 18:33 | 24.10 | 2:21:21 | 5:51 | 55 | 42:52 | 56 | 42:52 |
| Schwindebeck | 9.40 | 56:15 | 5:59 | 41 | 18:55 | 42 | 18:55 | 33.50 | 3:17:36 | 5:53 | 61 | 53:20 | 62 | 53:20 |
| Bispingen | 8.90 | 55:05 | 6:11 | 55 | 18:43 | 56 | 18:43 | 42.40 | 4:12:41 | 5:57 | 61 | 1:06:53 | 62 | 1:06:53 |
| Overhaverbeck | 10.80 | 58:30 | 5:24 | 30 | 13:35 | 30 | 13:35 | 53.20 | 5:11:11 | 5:50 | 53 | 1:20:28 | 54 | 1:20:28 |
| Undeloh | 6.90 | 49:22 | 7:09 | 65 | 21:20 | 66 | 21:20 | 60.10 | 6:00:33 | 5:59 | 60 | 1:36:10 | 61 | 1:36:10 |
| Egestorf | 9.20 | 58:51 | 6:23 | 62 | 20:37 | 62 | 20:37 | 69.30 | 6:59:24 | 6:03 | 62 | 1:46:33 | 63 | 1:46:33 |
| Salzhausen | 10.70 | 1:10:06 | 6:33 | 72 | 28:30 | 73 | 28:30 | 80.00 | 8:09:30 | 6:07 | 63 | 2:10:26 | 64 | 2:10:26 |
| Südergellersen | 10.90 | 48:33 | 4:27 | 5 | 3:53 | 5 | 3:53 | 90.90 | 8:58:03 | 5:55 | 52 | 2:06:58 | 53 | 2:06:58 |
| Sülzwiesen | 9.10 | 59:55 | 6:35 | 72 | 23:48 | 73 | 23:48 | 100.00 | 9:57:58 | 5:58 | 59 | 2:29:04 | 60 | 2:29:04 |