



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

Die Zappis

Number: 317

Course: 100.00 km  
Lüneburger Heide Lauf

Category:  
5-10er Staffel

Total time: 9:57:30

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course: 59 (of 83)

Best time in course: 7:28:54

Rank in category: 58(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	53:58	5:14	32	14:01	32	14:01	10.30	53:58	5:14	32	14:01	32	14:01
Amelinghausen	13.80	1:10:46	5:07	28	18:01	29	18:01	24.10	2:04:44	5:10	26	26:15	27	26:15
Schwindebeck	9.40	1:11:31	7:36	70	34:11	71	34:11	33.50	3:16:15	5:51	59	51:59	60	51:59
Bispingen	8.90	53:50	6:02	49	17:28	50	17:28	42.40	4:10:05	5:53	59	1:04:17	60	1:04:17
Overhaverbeck	10.80	1:00:48	5:37	44	15:53	44	15:53	53.20	5:10:53	5:50	52	1:20:10	53	1:20:10
Undeloh	6.90	52:51	7:39	74	24:49	75	24:49	60.10	6:03:44	6:03	62	1:39:21	63	1:39:21
Egestorf	9.20	49:38	5:23	26	11:24	26	11:24	69.30	6:53:22	5:57	57	1:40:31	58	1:40:31
Salzhausen	10.70	48:31	4:32	7	6:55	7	6:55	80.00	7:41:53	5:46	46	1:42:49	47	1:42:49
Südergellersen	10.90	1:18:03	7:09	76	33:23	77	33:23	90.90	8:59:56	5:56	53	2:08:51	54	2:08:51
Sülzwiesen	9.10	57:34	6:19	64	21:27	65	21:27	100.00	9:57:30	5:58	58	2:28:36	59	2:28:36