



## 2. Lüneburger Heide Lauf Lüneburg / 15.06.2019

### Detailed evaluation

detlef seeska

Number: 311

Course: 100.00 km  
Lüneburger Heide Lauf

Category:  
5-10er Staffel

Total time: 10:00:57

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course: 62 (of 83)

Best time in course: 7:28:54

Rank in category: 61(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	53:27	5:11	28	13:30	28	13:30	10.30	53:27	5:11	28	13:30	28	13:30
Amelinghausen	13.80	1:22:10	5:57	63	29:25	64	29:25	24.10	2:15:37	5:37	47	37:08	48	37:08
Schwindebeck	9.40	54:57	5:50	36	17:37	37	17:37	33.50	3:10:34	5:41	52	46:18	53	46:18
Bispingen	8.90	50:24	5:39	38	14:02	39	14:02	42.40	4:00:58	5:40	44	55:10	45	55:10
Overhaverbeck	10.80	58:57	5:27	34	14:02	34	14:02	53.20	4:59:55	5:38	44	1:09:12	45	1:09:12
Undeloh	6.90	53:53	7:48	76	25:51	77	25:51	60.10	5:53:48	5:53	52	1:29:25	53	1:29:25
Egestorf	9.20	47:11	5:07	13	8:57	13	8:57	69.30	6:40:59	5:47	46	1:28:08	47	1:28:08
Salzhausen	10.70	1:07:15	6:17	65	25:39	66	25:39	80.00	7:48:14	5:51	50	1:49:10	51	1:49:10
Südergellersen	10.90	1:13:48	6:46	72	29:08	73	29:08	90.90	9:02:02	5:57	57	2:10:57	58	2:10:57
Sülzwiesen	9.10	58:55	6:28	68	22:48	69	22:48	100.00	10:00:57	6:00	61	2:32:03	62	2:32:03