



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Lüneläufer

Number: 352

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:05:14

Speed: 9.91 km/h

Running performance: 6:03 min/km

Rank in course: 64 (of 83)

Best time in course: 7:28:54

Rank in category: 63(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	59:24	5:46	50	19:27	51	19:27	10.30	59:24	5:46	50	19:27	51	19:27
Amelinghausen	13.80	1:23:41	6:03	65	30:56	66	30:56	24.10	2:23:05	5:56	61	44:36	62	44:36
Schwindebeck	9.40	1:05:30	6:58	66	28:10	67	28:10	33.50	3:28:35	6:13	76	1:04:19	77	1:04:19
Bispingen	8.90	1:01:40	6:55	69	25:18	70	25:18	42.40	4:30:15	6:22	74	1:24:27	75	1:24:27
Overhaverbeck	10.80	1:01:36	5:42	47	16:41	47	16:41	53.20	5:31:51	6:14	72	1:41:08	73	1:41:08
Undeloh	6.90	35:59	5:12	18	7:57	18	7:57	60.10	6:07:50	6:07	65	1:43:27	66	1:43:27
Egestorf	9.20	52:53	5:44	43	14:39	43	14:39	69.30	7:00:43	6:04	63	1:47:52	64	1:47:52
Salzhausen	10.70	1:12:08	6:44	77	30:32	78	30:32	80.00	8:12:51	6:09	65	2:13:47	66	2:13:47
Südergellersen	10.90	1:02:21	5:43	44	17:41	45	17:41	90.90	9:15:12	6:06	65	2:24:07	66	2:24:07
Sülzwiesen	9.10	50:02	5:29	39	13:55	39	13:55	100.00	10:05:14	6:03	63	2:36:20	64	2:36:20