



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Lüneburger Salzsäue

Number: 350

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:10:41

Speed: 9.83 km/h

Running performance: 6:07 min/km

Rank in course: 65 (of 83)

Best time in course: 7:28:54

Rank in category: 64(of 82)

Best time in the category: 7:28:54

Intermediate times

Stage score

Total ranking

Control	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	51:50	5:01	24	11:53	24	11:53	10.30	51:50	5:01	24	11:53	24	11:53
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	2:13:27	14:11	79	1:36:07	80	1:36:07	33.50	3:05:17	5:31	39	41:01	40	41:01
Bispingen	8.90	57:45	6:29	61	21:23	62	21:23	42.40	4:03:02	5:43	46	57:14	47	57:14
Overhaverbeck	10.80	59:36	5:31	39	14:41	39	14:41	53.20	5:02:38	5:41	45	1:11:55	46	1:11:55
Undeloh	6.90	50:52	7:22	71	22:50	72	22:50	60.10	5:53:30	5:52	51	1:29:07	52	1:29:07
Egestorf	9.20	1:00:26	6:34	72	22:12	72	22:12	69.30	6:53:56	5:58	59	1:41:05	60	1:41:05
Salzhausen	10.70	1:08:30	6:24	69	26:54	70	26:54	80.00	8:02:26	6:01	60	2:03:22	61	2:03:22
Südergellersen	10.90	1:07:42	6:12	58	23:02	59	23:02	90.90	9:10:08	6:03	60	2:19:03	61	2:19:03
Sülzwiesen	9.10	1:00:33	6:39	77	24:26	78	24:26	100.00	10:10:41	6:06	64	2:41:47	65	2:41:47