



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Luhe-Löwen

Number: 334

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:14:24

Speed: 9.77 km/h

Running performance: 6:08 min/km

Rank in course: 66 (of 83)

Best time in course: 7:28:54

Rank in category: 65(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Südergellersen	10.30	1:15:06	7:17	82	35:09	83	35:09	10.30	1:15:06	7:17	82	35:09	83	35:09
Amelinghausen	13.80	1:15:35	5:28	46	22:50	47	22:50	24.10	2:30:41	6:15	68	52:12	69	52:12
Schwindebeck	9.40	49:11	5:13	17	11:51	18	11:51	33.50	3:19:52	5:57	64	55:36	65	55:36
Bispingen	8.90	48:32	5:27	27	12:10	28	12:10	42.40	4:08:24	5:51	57	1:02:36	58	1:02:36
Overhaverbeck	10.80	1:23:50	7:45	80	38:55	81	38:55	53.20	5:32:14	6:14	74	1:41:31	75	1:41:31
Undeloh	6.90	40:53	5:55	41	12:51	42	12:51	60.10	6:13:07	6:12	69	1:48:44	70	1:48:44
Egestorf	9.20	1:00:16	6:33	70	22:02	70	22:02	69.30	7:13:23	6:15	70	2:00:32	71	2:00:32
Salzhausen	10.70	1:00:48	5:40	46	19:12	47	19:12	80.00	8:14:11	6:10	68	2:15:07	69	2:15:07
Südergellersen	10.90	1:06:31	6:06	54	21:51	55	21:51	90.90	9:20:42	6:10	70	2:29:37	71	2:29:37
Sülzwiesen	9.10	53:42	5:54	50	17:35	51	17:35	100.00	10:14:24	6:08	65	2:45:30	66	2:45:30