



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

Lauftreff MTV Bispingen 1

Number: 342

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:14:47

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course: 67 (of 83)

Best time in course: 7:28:54

Rank in category: 66(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 km | Total Time | Total min/km | Pos | | Behind | |
|----------------|-------------|---------------|-----------------|------|-------|--------|-------|-------------|---------------|-----------------|------|---------|--------|---------|
| | | | | Cat. | Cat. | Total | Total | | | | Cat. | Cat. | Total | Total |
| Südergellersen | 10.30 | 1:02:37 | 6:04 | 65 | 22:40 | 66 | 22:40 | 10.30 | 1:02:37 | 6:04 | 65 | 22:40 | 66 | 22:40 |
| Amelinghausen | 13.80 | 1:20:12 | 5:48 | 57 | 27:27 | 58 | 27:27 | 24.10 | 2:22:49 | 5:55 | 59 | 44:20 | 60 | 44:20 |
| Schwindebeck | 9.40 | 52:41 | 5:36 | 29 | 15:21 | 30 | 15:21 | 33.50 | 3:15:30 | 5:50 | 56 | 51:14 | 57 | 51:14 |
| Bispingen | 8.90 | 49:55 | 5:36 | 35 | 13:33 | 36 | 13:33 | 42.40 | 4:05:25 | 5:47 | 50 | 59:37 | 51 | 59:37 |
| Overhaverbeck | 10.80 | 1:03:52 | 5:54 | 56 | 18:57 | 57 | 18:57 | 53.20 | 5:09:17 | 5:48 | 50 | 1:18:34 | 51 | 1:18:34 |
| Undeloh | 6.90 | 48:08 | 6:58 | 62 | 20:06 | 63 | 20:06 | 60.10 | 5:57:25 | 5:56 | 55 | 1:33:02 | 56 | 1:33:02 |
| Egestorf | 9.20 | 1:08:36 | 7:27 | 78 | 30:22 | 79 | 30:22 | 69.30 | 7:06:01 | 6:08 | 66 | 1:53:10 | 67 | 1:53:10 |
| Salzhausen | 10.70 | 1:11:32 | 6:41 | 76 | 29:56 | 77 | 29:56 | 80.00 | 8:17:33 | 6:13 | 70 | 2:18:29 | 71 | 2:18:29 |
| Südergellersen | 10.90 | 58:26 | 5:21 | 31 | 13:46 | 32 | 13:46 | 90.90 | 9:15:59 | 6:06 | 66 | 2:24:54 | 67 | 2:24:54 |
| Sülzwiesen | 9.10 | 58:48 | 6:27 | 67 | 22:41 | 68 | 22:41 | 100.00 | 10:14:47 | 6:08 | 66 | 2:45:53 | 67 | 2:45:53 |