



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

Lauftreff Stade

Number: 343

Course: 100.00 km
Lüneburger Heide Lauf

Category:
5-10er Staffel

Total time: 10:16:38

Speed: 9.73 km/h
Running performance: 6:10 min/km

Rank in course: 69 (of 83)
Best time in course: 7:28:54

Rank in category: 68(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	1:01:21	5:57	62	21:24	63	21:24	10.30	1:01:21	5:57	62	21:24	63	21:24
Amelinghausen	13.80	1:24:40	6:08	68	31:55	69	31:55	24.10	2:26:01	6:03	66	47:32	67	47:32
Schwindebeck	9.40	58:35	6:13	51	21:15	52	21:15	33.50	3:24:36	6:06	69	1:00:20	70	1:00:20
Bispingen	8.90	1:06:23	7:27	72	30:01	73	30:01	42.40	4:30:59	6:23	75	1:25:11	76	1:25:11
Overhaverbeck	10.80	58:50	5:26	33	13:55	33	13:55	53.20	5:29:49	6:11	71	1:39:06	72	1:39:06
Undeloh	6.90	38:56	5:38	32	10:54	32	10:54	60.10	6:08:45	6:08	66	1:44:22	67	1:44:22
Egestorf	9.20	1:02:34	6:48	74	24:20	75	24:20	69.30	7:11:19	6:13	69	1:58:28	70	1:58:28
Salzhausen	10.70	1:02:22	5:49	49	20:46	50	20:46	80.00	8:13:41	6:10	67	2:14:37	68	2:14:37
Südergellersen	10.90	1:03:01	5:46	47	18:21	48	18:21	90.90	9:16:42	6:07	67	2:25:37	68	2:25:37
Sülzwiesen	9.10	59:56	6:35	74	23:49	75	23:49	100.00	10:16:38	6:09	68	2:47:44	69	2:47:44