



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

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. | Total | Cat. | Total | | | | Cat. | Total | Cat. | 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 |