



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Open-Sports-Hamburg

Number: 359

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:16:49

Speed: 9.73 km/h

Running performance: 6:10 min/km

Rank in course: 70 (of 83)

Best time in course: 7:28:54

Rank in category: 69(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	57:48	5:36	44	17:51	45	17:51	10.30	57:48	5:36	44	17:51	45	17:51
Amelinghausen	13.80	1:18:22	5:40	50	25:37	51	25:37	24.10	2:16:10	5:39	48	37:41	49	37:41
Schwindebeck	9.40	1:03:27	6:45	59	26:07	60	26:07	33.50	3:19:37	5:57	63	55:21	64	55:21
Bispingen	8.90	1:07:45	7:36	76	31:23	77	31:23	42.40	4:27:22	6:18	71	1:21:34	72	1:21:34
Overhaverbeck	10.80	1:09:35	6:26	73	24:40	74	24:40	53.20	5:36:57	6:20	76	1:46:14	77	1:46:14
Undeloh	6.90	50:04	7:15	69	22:02	70	22:02	60.10	6:27:01	6:26	76	2:02:38	77	2:02:38
Egestorf	9.20	54:08	5:53	48	15:54	48	15:54	69.30	7:21:09	6:21	74	2:08:18	75	2:08:18
Salzhausen	10.70	1:03:00	5:53	54	21:24	55	21:24	80.00	8:24:09	6:18	73	2:25:05	74	2:25:05
Südergellersen	10.90	55:57	5:07	21	11:17	21	11:17	90.90	9:20:06	6:09	68	2:29:01	69	2:29:01
Sülzwiesen	9.10	56:43	6:13	58	20:36	59	20:36	100.00	10:16:49	6:10	69	2:47:55	70	2:47:55