



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Laufsport Jahnke Team

Number: 336

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 8:28:36

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course: 7 (of 83)

Best time in course: 7:28:54

Rank in category: 7(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	39:57	3:52	1	-	1	-	10.30	39:57	3:52	1	-	1	-
Amelinghausen	13.80	1:12:00	5:13	30	19:15	31	19:15	24.10	1:51:57	4:38	5	13:28	5	13:28
Schwindebeck	9.40	57:14	6:05	43	19:54	44	19:54	33.50	2:49:11	5:03	19	24:55	20	24:55
Bispingen	8.90	41:47	4:41	8	5:25	8	5:25	42.40	3:30:58	4:58	11	25:10	11	25:10
Overhaverbeck	10.80	48:43	4:30	4	3:48	4	3:48	53.20	4:19:41	4:52	6	28:58	6	28:58
Undeloh	6.90	39:23	5:42	34	11:21	35	11:21	60.10	4:59:04	4:58	9	34:41	9	34:41
Egestorf	9.20	53:17	5:47	45	15:03	45	15:03	69.30	5:52:21	5:05	9	39:30	9	39:30
Salzhausen	10.70	1:00:59	5:41	48	19:23	49	19:23	80.00	6:53:20	5:09	11	54:16	11	54:16
Südergellersen	10.90	56:59	5:13	22	12:19	22	12:19	90.90	7:50:19	5:10	10	59:14	10	59:14
Sülzwiesen	9.10	38:17	4:12	3	2:10	3	2:10	100.00	8:28:36	5:05	7	59:42	7	59:42