



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Sonnenlegion

Number: 315

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:16:53

Speed: 9.73 km/h

Running performance: 6:10 min/km

Rank in course: 71 (of 83)

Best time in course: 7:28:54

Rank in category: 70(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	1:02:09	6:02	63	22:12	64	22:12	10.30	1:02:09	6:02	63	22:12	64	22:12
Amelinghausen	13.80	1:37:56	7:05	72	45:11	73	45:11	24.10	2:40:05	6:38	72	1:01:36	73	1:01:36
Schwindebeck	9.40	1:01:57	6:35	57	24:37	58	24:37	33.50	3:42:02	6:37	81	1:17:46	82	1:17:46
Bispingen	8.90	58:08	6:31	63	21:46	64	21:46	42.40	4:40:10	6:36	80	1:34:22	81	1:34:22
Overhaverbeck	10.80	52:12	4:49	13	7:17	13	7:17	53.20	5:32:22	6:14	75	1:41:39	76	1:41:39
Undeloh	6.90	40:12	5:49	37	12:10	38	12:10	60.10	6:12:34	6:11	67	1:48:11	68	1:48:11
Egestorf	9.20	57:37	6:15	58	19:23	58	19:23	69.30	7:10:11	6:12	68	1:57:20	69	1:57:20
Salzhausen	10.70	59:10	5:31	38	17:34	39	17:34	80.00	8:09:21	6:07	62	2:10:17	63	2:10:17
Südergellersen	10.90	1:10:50	6:29	66	26:10	67	26:10	90.90	9:20:11	6:09	69	2:29:06	70	2:29:06
Sülzwiesen	9.10	56:42	6:13	57	20:35	58	20:35	100.00	10:16:53	6:10	70	2:47:59	71	2:47:59