



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Sparkasse Lüneburg

Number: 363

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:17:27

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course: 72 (of 83)

Best time in course: 7:28:54

Rank in category: 71(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	1:00:43	5:53	59	20:46	60	20:46	10.30	1:00:43	5:53	59	20:46	60	20:46
Amelinghausen	13.80	1:22:48	5:59	64	30:03	65	30:03	24.10	2:23:31	5:57	62	45:02	63	45:02
Schwindebeck	9.40	1:01:16	6:31	56	23:56	57	23:56	33.50	3:24:47	6:06	70	1:00:31	71	1:00:31
Bispingen	8.90	55:20	6:13	56	18:58	57	18:58	42.40	4:20:07	6:08	66	1:14:19	67	1:14:19
Overhaverbeck	10.80	1:04:37	5:58	58	19:42	59	19:42	53.20	5:24:44	6:06	66	1:34:01	67	1:34:01
Undeloh	6.90	40:32	5:52	38	12:30	39	12:30	60.10	6:05:16	6:04	64	1:40:53	65	1:40:53
Egestorf	9.20	53:57	5:51	46	15:43	46	15:43	69.30	6:59:13	6:02	61	1:46:22	62	1:46:22
Salzhausen	10.70	1:13:44	6:53	80	32:08	81	32:08	80.00	8:12:57	6:09	66	2:13:53	67	2:13:53
Südergellersen	10.90	1:11:34	6:33	68	26:54	69	26:54	90.90	9:24:31	6:12	72	2:33:26	73	2:33:26
Sülzwiesen	9.10	52:56	5:49	49	16:49	50	16:49	100.00	10:17:27	6:10	71	2:48:33	72	2:48:33