



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Schieringer Hasen

Number: 362

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:14:55

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course: 68 (of 83)

Best time in course: 7:28:54

Rank in category: 67(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 | 59:53 | 5:48 | 54 | 19:56 | 55 | 19:56 | 10.30 | 59:53 | 5:48 | 54 | 19:56 | 55 | 19:56 |
| Amelinghausen | 13.80 | 1:17:55 | 5:38 | 49 | 25:10 | 50 | 25:10 | 24.10 | 2:17:48 | 5:43 | 51 | 39:19 | 52 | 39:19 |
| Schwindebeck | 9.40 | 1:05:00 | 6:54 | 64 | 27:40 | 65 | 27:40 | 33.50 | 3:22:48 | 6:03 | 67 | 58:32 | 68 | 58:32 |
| Bispingen | 8.90 | 44:30 | 5:00 | 18 | 8:08 | 18 | 8:08 | 42.40 | 4:07:18 | 5:49 | 54 | 1:01:30 | 55 | 1:01:30 |
| Overhaverbeck | 10.80 | 59:11 | 5:28 | 36 | 14:16 | 36 | 14:16 | 53.20 | 5:06:29 | 5:45 | 48 | 1:15:46 | 49 | 1:15:46 |
| Undeloh | 6.90 | 51:25 | 7:27 | 72 | 23:23 | 73 | 23:23 | 60.10 | 5:57:54 | 5:57 | 57 | 1:33:31 | 58 | 1:33:31 |
| Egestorf | 9.20 | 49:09 | 5:20 | 23 | 10:55 | 23 | 10:55 | 69.30 | 6:47:03 | 5:52 | 51 | 1:34:12 | 52 | 1:34:12 |
| Salzhausen | 10.70 | 1:04:55 | 6:04 | 60 | 23:19 | 61 | 23:19 | 80.00 | 7:51:58 | 5:53 | 54 | 1:52:54 | 55 | 1:52:54 |
| Südergellersen | 10.90 | 1:12:25 | 6:38 | 70 | 27:45 | 71 | 27:45 | 90.90 | 9:04:23 | 5:59 | 58 | 2:13:18 | 59 | 2:13:18 |
| Sülzwiesen | 9.10 | 1:10:32 | 7:45 | 82 | 34:25 | 83 | 34:25 | 100.00 | 10:14:55 | 6:08 | 67 | 2:46:01 | 68 | 2:46:01 |