



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

currimus e. V.

Number: 310

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:34:39

Speed: 9.45 km/h

Running performance: 6:21 min/km

Rank in course: 74 (of 83)

Best time in course: 7:28:54

Rank in category: 73(of 82)

Best time in the category: 7:28:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Südergellersen	10.30	56:20	5:28	38	16:23	38	16:23	10.30	56:20	5:28	38	16:23	38	16:23
Amelinghausen	13.80	1:26:40	6:16	70	33:55	71	33:55	24.10	2:23:00	5:56	60	44:31	61	44:31
Schwindebeck	9.40	1:11:37	7:37	71	34:17	72	34:17	33.50	3:34:37	6:24	79	1:10:21	80	1:10:21
Bispingen	8.90	1:11:42	8:03	79	35:20	80	35:20	42.40	4:46:19	6:45	82	1:40:31	83	1:40:31
Overhaverbeck	10.80	1:00:02	5:33	41	15:07	41	15:07	53.20	5:46:21	6:30	80	1:55:38	81	1:55:38
Undeloh	6.90	49:45	7:12	68	21:43	69	21:43	60.10	6:36:06	6:35	79	2:11:43	80	2:11:43
Egestorf	9.20	55:59	6:05	53	17:45	53	17:45	69.30	7:32:05	6:31	77	2:19:14	78	2:19:14
Salzhausen	10.70	1:08:11	6:22	67	26:35	68	26:35	80.00	8:40:16	6:30	77	2:41:12	78	2:41:12
Südergellersen	10.90	1:07:25	6:11	57	22:45	58	22:45	90.90	9:47:41	6:27	75	2:56:36	76	2:56:36
Sülzwiesen	9.10	46:58	5:09	26	10:51	26	10:51	100.00	10:34:39	6:20	73	3:05:45	74	3:05:45