



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Laufteam SC Trebbin

Number: 337

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:45:25

Speed: 9.30 km/h

Running performance: 6:27 min/km

Rank in course: 77 (of 83)

Best time in course: 7:28:54

Rank in category: 76(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	1:00:33	5:52	56	20:36	57	20:36	10.30	1:00:33	5:52	56	20:36	57	20:36
Amelinghausen	13.80	1:21:19	5:53	61	28:34	62	28:34	24.10	2:21:52	5:53	57	43:23	58	43:23
Schwindebeck	9.40	55:29	5:54	38	18:09	39	18:09	33.50	3:17:21	5:53	60	53:05	61	53:05
Bispingen	8.90	49:32	5:33	34	13:10	35	13:10	42.40	4:06:53	5:49	53	1:01:05	54	1:01:05
Overhaverbeck	10.80	1:22:38	7:39	78	37:43	79	37:43	53.20	5:29:31	6:11	70	1:38:48	71	1:38:48
Undeloh	6.90	49:40	7:11	66	21:38	67	21:38	60.10	6:19:11	6:18	74	1:54:48	75	1:54:48
Egestorf	9.20	1:13:47	8:01	81	35:33	82	35:33	69.30	7:32:58	6:32	78	2:20:07	79	2:20:07
Salzhausen	10.70	1:07:17	6:17	66	25:41	67	25:41	80.00	8:40:15	6:30	76	2:41:11	77	2:41:11
Südergellersen	10.90	1:14:57	6:52	75	30:17	76	30:17	90.90	9:55:12	6:32	79	3:04:07	80	3:04:07
Sülzwiesen	9.10	50:13	5:31	40	14:06	40	14:06	100.00	10:45:25	6:27	76	3:16:31	77	3:16:31