



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

TSV Adendorf

Number: 379

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 10:53:32

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course: 79 (of 83)

Best time in course: 7:28:54

Rank in category: 78(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	1:14:44	7:15	81	34:47	82	34:47	10.30	1:14:44	7:15	81	34:47	82	34:47
Amelinghausen	13.80	1:12:28	5:15	31	19:43	32	19:43	24.10	2:27:12	6:06	67	48:43	68	48:43
Schwindebeck	9.40	59:19	6:18	53	21:59	54	21:59	33.50	3:26:31	6:09	73	1:02:15	74	1:02:15
Bispingen	8.90	53:37	6:01	46	17:15	47	17:15	42.40	4:20:08	6:08	67	1:14:20	68	1:14:20
Overhaverbeck	10.80	1:23:09	7:41	79	38:14	80	38:14	53.20	5:43:17	6:27	78	1:52:34	79	1:52:34
Undeloh	6.90	1:00:50	8:48	82	32:48	83	32:48	60.10	6:44:07	6:43	80	2:19:44	81	2:19:44
Egestorf	9.20	50:26	5:28	30	12:12	30	12:12	69.30	7:34:33	6:33	79	2:21:42	80	2:21:42
Salzhausen	10.70	1:06:02	6:10	62	24:26	63	24:26	80.00	8:40:35	6:30	79	2:41:31	80	2:41:31
Südergellersen	10.90	1:10:41	6:29	65	26:01	66	26:01	90.90	9:51:16	6:30	76	3:00:11	77	3:00:11
Sülzwiesen	9.10	1:02:16	6:50	79	26:09	80	26:09	100.00	10:53:32	6:32	78	3:24:38	79	3:24:38