



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

DianaMedicalSport

Number: 312

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 8:29:12

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course: 9 (of 83)

Best time in course: 7:28:54

Rank in category: 9(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	55:10	5:21	35	15:13	35	15:13	10.30	55:10	5:21	35	15:13	35	15:13
Amelinghausen	13.80	1:09:19	5:01	24	16:34	25	16:34	24.10	2:04:29	5:09	25	26:00	26	26:00
Schwindebeck	9.40	57:59	6:10	46	20:39	47	20:39	33.50	3:02:28	5:26	37	38:12	38	38:12
Bispingen	8.90	47:25	5:19	23	11:03	24	11:03	42.40	3:49:53	5:25	32	44:05	33	44:05
Overhaverbeck	10.80	53:28	4:57	16	8:33	16	8:33	53.20	4:43:21	5:19	24	52:38	25	52:38
Undeloh	6.90	41:12	5:58	44	13:10	45	13:10	60.10	5:24:33	5:24	26	1:00:10	27	1:00:10
Egestorf	9.20	52:49	5:44	41	14:35	41	14:35	69.30	6:17:22	5:26	26	1:04:31	26	1:04:31
Salzhausen	10.70	41:36	3:53	1	-	1	-	80.00	6:58:58	5:14	15	59:54	15	59:54
Südergellersen	10.90	45:37	4:11	3	0:57	3	0:57	90.90	7:44:35	5:06	9	53:30	9	53:30
Sülzwiesen	9.10	44:37	4:54	15	8:30	15	8:30	100.00	8:29:12	5:05	9	1:00:18	9	1:00:18