



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

Lauftreff SV Munster

Number: 344

Course: 100.00 km
Lüneburger Heide Lauf

Category:
5-10er Staffel

Total time: 10:55:46

Speed: 9.15 km/h
Running performance: 6:34 min/km

Rank in course: 80 (of 83)
Best time in course: 7:28:54

Rank in category: 79(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 | 1:10:45 | 6:52 | 79 | 30:48 | 80 | 30:48 | 10.30 | 1:10:45 | 6:52 | 79 | 30:48 | 80 | 30:48 |
| Amelinghausen | 13.80 | 1:21:47 | 5:55 | 62 | 29:02 | 63 | 29:02 | 24.10 | 2:32:32 | 6:19 | 70 | 54:03 | 71 | 54:03 |
| Schwindebeck | 9.40 | 1:14:40 | 7:56 | 73 | 37:20 | 74 | 37:20 | 33.50 | 3:47:12 | 6:46 | 82 | 1:22:56 | 83 | 1:22:56 |
| Bispingen | 8.90 | 48:49 | 5:29 | 30 | 12:27 | 31 | 12:27 | 42.40 | 4:36:01 | 6:30 | 78 | 1:30:13 | 79 | 1:30:13 |
| Overhaverbeck | 10.80 | 1:04:52 | 6:00 | 59 | 19:57 | 60 | 19:57 | 53.20 | 5:40:53 | 6:24 | 77 | 1:50:10 | 78 | 1:50:10 |
| Undeloh | 6.90 | 46:36 | 6:45 | 57 | 18:34 | 58 | 18:34 | 60.10 | 6:27:29 | 6:26 | 77 | 2:03:06 | 78 | 2:03:06 |
| Egestorf | 9.20 | 56:49 | 6:10 | 56 | 18:35 | 56 | 18:35 | 69.30 | 7:24:18 | 6:24 | 75 | 2:11:27 | 76 | 2:11:27 |
| Salzhausen | 10.70 | 1:00:29 | 5:39 | 45 | 18:53 | 46 | 18:53 | 80.00 | 8:24:47 | 6:18 | 74 | 2:25:43 | 75 | 2:25:43 |
| Südergellersen | 10.90 | 1:28:34 | 8:07 | 82 | 43:54 | 83 | 43:54 | 90.90 | 9:53:21 | 6:31 | 78 | 3:02:16 | 79 | 3:02:16 |
| Sülzwiesen | 9.10 | 1:02:25 | 6:51 | 81 | 26:18 | 82 | 26:18 | 100.00 | 10:55:46 | 6:33 | 79 | 3:26:52 | 80 | 3:26:52 |