



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

Laufteam SC Trebbin II

Number: 338

Course: 100.00 km

Lüneburger Heide Lauf

Category:

5-10er Staffel

Total time: 8:29:04

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course: 8 (of 83)

Best time in course: 7:28:54

Rank in category: 8(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	51:20	4:59	22	11:23	22	11:23	10.30	51:20	4:59	22	11:23	22	11:23
Amelinghausen	13.80	1:21:12	5:53	60	28:27	61	28:27	24.10	2:12:32	5:29	37	34:03	38	34:03
Schwindebeck	9.40	47:41	5:04	10	10:21	10	10:21	33.50	3:00:13	5:22	31	35:57	32	35:57
Bispingen	8.90	44:45	5:01	19	8:23	19	8:23	42.40	3:44:58	5:18	21	39:10	22	39:10
Overhaverbeck	10.80	55:15	5:06	22	10:20	22	10:20	53.20	4:40:13	5:16	20	49:30	21	49:30
Undeloh	6.90	30:11	4:22	5	2:09	5	2:09	60.10	5:10:24	5:09	13	46:01	13	46:01
Egestorf	9.20	42:30	4:37	5	4:16	5	4:16	69.30	5:52:54	5:05	10	40:03	10	40:03
Salzhausen	10.70	50:54	4:45	12	9:18	12	9:18	80.00	6:43:48	5:02	7	44:44	7	44:44
Südergellersen	10.90	57:45	5:17	26	13:05	26	13:05	90.90	7:41:33	5:04	7	50:28	7	50:28
Sülzwiesen	9.10	47:31	5:13	28	11:24	28	11:24	100.00	8:29:04	5:05	8	1:00:10	8	1:00:10