



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Kajüter, Burkhard

Club: .

Number: 42

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:23:47

Speed: 9.55 km/h

Running performance: 6:15 min/km

Rank in course/Total: 1 (of 1)

Rank in course/Men: 1 (of 1)

Best time in course: 4:23:47

Rank in category: 1(of 1)

Best time in the category: 4:23:47

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Südergellersen	10.30	56:12	5:27	1	-	1	-	10.30	56:12	5:27	1	-	1	-
Amelinghausen	13.80	1:24:06	6:05	1	-	1	-	24.10	2:20:18	5:49	1	-	1	-
Schwindebeck	9.40	1:05:20	6:57	1	-	1	-	33.50	3:25:38	6:08	1	-	1	-
Sülzwiesen	8.70	58:09	6:41	1	-	1	-	42.20	4:23:47	6:15	1	-	1	-