



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

OCR HEIDESPRINTER

Number: 210

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Category:

2er Staffel

Total time: 8:59:34

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course: 1 (of 15)

Best time in course: 8:59:34

Rank in category: 1(of 15)

Best time in the category: 8:59:34

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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Overhaverbeck	53.20	5:03:08	5:41	2	2:57	2	2:57	53.20	5:03:08	5:41	2	2:57	2	2:57
Sülzwiesen	46.80	3:56:26	5:03	1	-	1	-	100.00	8:59:34	5:23	1	-	1	-