



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

Team Frischmuth

Total time: 12:00:19

Number: 213

Speed: 8.33 km/h

Running performance: 7:12 min/km

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Rank in course: 10 (of 15)

Best time in course: 8:59:34

Category:

Rank in category: 10(of 15)

2er Staffel

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	7:46:10	8:45	15	2:45:59	15	2:45:59	53.20	7:46:10	8:45	15	2:45:59	15	2:45:59
Sülzwiesen	46.80	4:14:09	5:25	3	17:43	3	17:43	100.00	12:00:19	7:12	10	3:00:45	10	3:00:45