



2. Lüneburger Heidelauf  
Lüneburg / 15.06.2019

Detailed evaluation

Birgid & Nicole

Total time: 12:40:12

Number: 203

Speed: 7.89 km/h

Running performance: 7:36 min/km

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Rank in course: 14 (of 15)

Best time in course: 8:59:34

Category:

Rank in category: 14(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	6:47:48	7:39	13	1:47:37	13	1:47:37	53.20	6:47:48	7:39	13	1:47:37	13	1:47:37
Sülzwiesen	46.80	5:52:24	7:31	11	1:55:58	11	1:55:58	100.00	12:40:12	7:36	14	3:40:38	14	3:40:38