



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Rat Pack

Number: 211

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Category:

2er Staffel

Total time: 9:09:41

Speed: 10.92 km/h

Running performance: 5:30 min/km

Rank in course: 2 (of 15)

Best time in course: 8:59:34

Rank in category: 2(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	5:00:11	5:38	1	-	1	-	53.20	5:00:11	5:38	1	-	1	-
Sülzwiesen	46.80	4:09:30	5:19	2	13:04	2	13:04	100.00	9:09:41	5:29	2	10:07	2	10:07