



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

Superior 100

Total time: 10:19:05

Number: 212

Speed: 9.69 km/h

Running performance: 6:11 min/km

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Rank in course: 3 (of 15)

Best time in course: 8:59:34

Category:

Rank in category: 3(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	5:05:10	5:44	3	4:59	3	4:59	53.20	5:05:10	5:44	3	4:59	3	4:59
Sülzwiesen	46.80	5:13:55	6:42	7	1:17:29	7	1:17:29	100.00	10:19:05	6:11	3	1:19:31	3	1:19:31