



2. Lüneburger Heidelauf  
Lüneburg / 15.06.2019

Detailed evaluation

Golden runners

Number: 208

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Category:

2er Staffel

Total time: 10:19:09

Speed: 9.69 km/h

Running performance: 6:11 min/km

Rank in course: 4 (of 15)

Best time in course: 8:59:34

Rank in category: 4(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	5:15:18	5:55	4	15:07	4	15:07	53.20	5:15:18	5:55	4	15:07	4	15:07
Sülzwiesen	46.80	5:03:51	6:29	5	1:07:25	5	1:07:25	100.00	10:19:09	6:11	4	1:19:35	4	1:19:35