



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

EDDH Runners

Total time: 10:25:19

Number: 206

Speed: 9.60 km/h

Running performance: 6:15 min/km

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Rank in course: 5 (of 15)

Best time in course: 8:59:34

Category:

Rank in category: 5(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	5:19:27	6:00	5	19:16	5	19:16	53.20	5:19:27	6:00	5	19:16	5	19:16
Sülzwiesen	46.80	5:05:52	6:32	6	1:09:26	6	1:09:26	100.00	10:25:19	6:15	5	1:25:45	5	1:25:45