



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

Laufwerk Hamburg

Number: 209

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Category:

2er Staffel

Total time: 10:37:35

Speed: 9.41 km/h

Running performance: 6:23 min/km

Rank in course: 6 (of 15)

Best time in course: 8:59:34

Rank in category: 6(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	5:19:54	6:00	6	19:43	6	19:43	53.20	5:19:54	6:00	6	19:43	6	19:43
Sülzwiesen	46.80	5:17:41	6:47	8	1:21:15	8	1:21:15	100.00	10:37:35	6:22	6	1:38:01	6	1:38:01