



2. Lüneburger Heidelauf  
Lüneburg / 15.06.2019

Detailed evaluation

Blind date

Total time: 11:38:04

Number: 216

Speed: 8.60 km/h

Running performance: 6:59 min/km

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Rank in course: 8 (of 15)

Best time in course: 8:59:34

Category:

Rank in category: 8(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	5:35:22	6:18	7	35:11	7	35:11	53.20	5:35:22	6:18	7	35:11	7	35:11
Sülzwiesen	46.80	6:02:42	7:45	12	2:06:16	12	2:06:16	100.00	11:38:04	6:58	8	2:38:30	8	2:38:30