



2. Lüneburger Heidelauf
Lüneburg / 15.06.2019

Detailed evaluation

Die Ultra-Grünschnäbel

Number: 204

Course: 100.00 km

Ultra-Marathon 2er-Staffel

Category:

2er Staffel

Total time: 11:45:31

Speed: 8.50 km/h

Running performance: 7:04 min/km

Rank in course: 9 (of 15)

Best time in course: 8:59:34

Rank in category: 9(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	5:57:03	6:42	10	56:52	10	56:52	53.20	5:57:03	6:42	10	56:52	10	56:52
Sülzwiesen	46.80	5:48:28	7:26	10	1:52:02	10	1:52:02	100.00	11:45:31	7:03	9	2:45:57	9	2:45:57