



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detalizēti rezultāti

BSG OTTO

Numurs: 307

Posms: 100.00 km

Lüneburger Heide Lauf

Grupa:

5-10er Staffel

Kopējais laiks: 8:40:16

Ātrums: 11.53 km/h

Skrējiena izpildījums: 5:12 min/km

Vieta distancē: 13 (no 83)

Distances labākais laiks: 7:28:54

Vieta grupā: 13(no 82)

Grupas labākais laiks: 7:28:54

Vidējie laiki

Posma rezultāts

Kopējais rezultāts

| Kontrolpunkts | Posma | | Posma | | Vietāztrūkum:Vietāztrūkums | | Kopā | | Kopā | | Kopā | | Vietāztrūkum:Vietāztrūkums | |
|----------------|-------|---------|--------|-------|----------------------------|------|-------|--------|---------|--------|-------|---------|----------------------------|---------|
| | km | Laiks | min/km | grupā | grupā | Kopā | Kopā | km | Laiks | min/km | grupā | grupā | Kopā | Kopā |
| Südergellersen | 10.30 | 49:07 | 4:46 | 12 | 9:10 | 12 | 9:10 | 10.30 | 49:07 | 4:46 | 12 | 9:10 | 12 | 9:10 |
| Amelinghausen | 13.80 | 1:02:54 | 4:33 | 8 | 10:09 | 9 | 10:09 | 24.10 | 1:52:01 | 4:38 | 6 | 13:32 | 6 | 13:32 |
| Schwindebeck | 9.40 | 57:37 | 6:07 | 45 | 20:17 | 46 | 20:17 | 33.50 | 2:49:38 | 5:03 | 21 | 25:22 | 22 | 25:22 |
| Bispingen | 8.90 | 41:26 | 4:39 | 6 | 5:04 | 6 | 5:04 | 42.40 | 3:31:04 | 4:58 | 12 | 25:16 | 12 | 25:16 |
| Overhaverbeck | 10.80 | 53:45 | 4:58 | 18 | 8:50 | 18 | 8:50 | 53.20 | 4:24:49 | 4:58 | 8 | 34:06 | 8 | 34:06 |
| Undeloh | 6.90 | 29:11 | 4:13 | 3 | 1:09 | 3 | 1:09 | 60.10 | 4:54:00 | 4:53 | 5 | 29:37 | 5 | 29:37 |
| Egestorf | 9.20 | 1:04:50 | 7:02 | 77 | 26:36 | 78 | 26:36 | 69.30 | 5:58:50 | 5:10 | 11 | 45:59 | 11 | 45:59 |
| Salzhausen | 10.70 | 55:59 | 5:13 | 23 | 14:23 | 23 | 14:23 | 80.00 | 6:54:49 | 5:11 | 13 | 55:45 | 13 | 55:45 |
| Südergellersen | 10.90 | 57:31 | 5:16 | 25 | 12:51 | 25 | 12:51 | 90.90 | 7:52:20 | 5:11 | 13 | 1:01:15 | 13 | 1:01:15 |
| Sülzwiesen | 9.10 | 47:56 | 5:16 | 33 | 11:49 | 33 | 11:49 | 100.00 | 8:40:16 | 5:12 | 13 | 1:11:22 | 13 | 1:11:22 |