



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Durry, Simone

Club: TG Neuss

Number: 64

Course: 100.00 km

Ultra-Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 10:10:50

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 6 (of 59)

Rank in course/Women: 1 (of 9)

Best time in course: 10:10:50

Rank in category: 1(of 1)

Best time in the category: 10:10:50

Control	Intermediate times			Stage score				Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Südergellersen	10.40	1:00:42	5:50	1	-	2	1:27	10.40	1:00:42	5:50	1	-	2	1:27
Amelinghausen	13.60	1:21:12	5:58	1	-	2	0:17	24.00	2:21:54	5:54	1	-	2	1:44
Schwindebeck	8.30	48:19	5:49	1	-	2	0:30	32.30	3:10:13	5:53	1	-	2	2:14
Bispingen	9.60	58:05	6:03	1	-	2	0:24	41.90	4:08:18	5:55	1	-	2	2:38
Overhaverbeck	10.80	1:06:53	6:11	1	-	1	-	52.70	5:15:11	5:58	1	-	2	0:37
Undeloh	6.90	45:24	6:34	1	-	1	-	59.60	6:00:35	6:03	1	-	1	-
Egestorf	9.20	55:43	6:03	1	-	1	-	68.80	6:56:18	6:03	1	-	1	-
Salzhausen	10.60	1:05:41	6:11	1	-	1	-	79.40	8:01:59	6:04	1	-	1	-
Südergellersen	10.90	1:10:14	6:26	1	-	1	-	90.30	9:12:13	6:06	1	-	1	-
Sülzwiesen	9.70	58:37	6:02	1	-	1	-	100.00	10:10:50	6:06	1	-	1	-