



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Nowottny-Hupka, Rita

Club: LG Ultralauf/ LT Dortmund Wischlingen
Number: 47

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 10:56:29

Speed: 9.14 km/h
Running performance: 6:34 min/km

Rank in course/Total: 12 (of 59)

Rank in course/Women: 2 (of 9)

Best time in course: 10:10:50

Rank in category: 1(of 2)

Best time in the category: 10:56:29

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	59:15	5:41	1	-	1	-	10.40	59:15	5:41	1	-	1	-
Amelinghausen	13.60	1:20:55	5:56	1	-	1	-	24.00	2:20:10	5:50	1	-	1	-
Schwindebeck	8.30	47:49	5:45	1	-	1	-	32.30	3:07:59	5:49	1	-	1	-
Bispingen	9.60	57:41	6:00	1	-	1	-	41.90	4:05:40	5:51	1	-	1	-
Overhaverbeck	10.80	1:08:54	6:22	1	-	2	2:01	52.70	5:14:34	5:58	1	-	1	-
Undeloh	6.90	46:08	6:41	1	-	2	0:44	59.60	6:00:42	6:03	1	-	2	0:07
Egestorf	9.20	1:01:57	6:44	1	-	2	6:14	68.80	7:02:39	6:08	1	-	2	6:21
Salzhausen	10.60	1:17:50	7:20	1	-	4	12:09	79.40	8:20:29	6:18	1	-	2	18:30
Südergellersen	10.90	1:25:03	7:48	1	-	4	14:49	90.30	9:45:32	6:29	1	-	2	33:19
Sülzwiesen	9.70	1:10:57	7:18	1	-	4	12:20	100.00	10:56:29	6:33	1	-	2	45:39