



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Ilse, Karola

Club: TSV Victoria Linden

Number: 58

Course: 100.00 km

Ultra-Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 11:18:26

Speed: 8.84 km/h

Running performance: 6:47 min/km

Rank in course/Total: 16 (of 59)

Rank in course/Women: 3 (of 9)

Best time in course: 10:10:50

Rank in category: 1(of 3)

Best time in the category: 11:18:26

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	1:05:58	6:20	1	-	3	6:43	10.40	1:05:58	6:20	1	-	3	6:43
Amelinghausen	13.60	1:29:31	6:34	1	-	3	8:36	24.00	2:35:29	6:28	1	-	3	15:19
Schwindebeck	8.30	54:13	6:31	1	-	4	6:24	32.30	3:29:42	6:29	1	-	3	21:43
Bispingen	9.60	1:06:33	6:55	1	-	4	8:52	41.90	4:36:15	6:35	1	-	3	30:35
Overhaverbeck	10.80	1:11:48	6:38	1	-	4	4:55	52.70	5:48:03	6:36	1	-	3	33:29
Undeloh	6.90	48:10	6:58	1	-	3	2:46	59.60	6:36:13	6:38	1	-	3	35:38
Egestorf	9.20	1:05:37	7:07	1	-	4	9:54	68.80	7:41:50	6:42	1	-	3	45:32
Salzhausen	10.60	1:14:29	7:01	1	-	3	8:48	79.40	8:56:19	6:45	1	-	3	54:20
Südergellersen	10.90	1:17:23	7:05	1	-	2	7:09	90.30	10:13:42	6:47	1	-	3	1:01:29
Sülzwiesen	9.70	1:04:44	6:40	1	-	2	6:07	100.00	11:18:26	6:47	1	-	3	1:07:36