



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Hoffmann, Sigrid

Club: LG Westerwald

Number: 4

Course: 100.00 km

Ultra-Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 11:28:59

Speed: 8.71 km/h

Running performance: 6:53 min/km

Rank in course/Total: 19 (of 59)

Rank in course/Women: 4 (of 9)

Best time in course: 10:10:50

Rank in category: 1(of 2)

Best time in the category: 11:28:59

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	1:11:34	6:52	2	3:39	5	12:19	10.40	1:11:34	6:52	2	3:39	5	12:19
Amelinghausen	13.60	1:38:36	7:15	2	1:01	5	17:41	24.00	2:50:10	7:05	2	4:40	5	30:00
Schwindebeck	8.30	53:20	6:25	1	-	3	5:31	32.30	3:43:30	6:55	1	-	4	35:31
Bispingen	9.60	1:01:29	6:24	1	-	3	3:48	41.90	4:44:59	6:48	1	-	4	39:19
Overhaverbeck	10.80	1:11:33	6:37	1	-	3	4:40	52.70	5:56:32	6:45	1	-	4	41:58
Undeloh	6.90	49:07	7:07	1	-	4	3:43	59.60	6:45:39	6:48	1	-	4	45:04
Egestorf	9.20	1:03:37	6:54	1	-	3	7:54	68.80	7:49:16	6:49	1	-	4	52:58
Salzhausen	10.60	1:14:18	7:00	1	-	2	8:37	79.40	9:03:34	6:50	1	-	4	1:01:35
Südergellersen	10.90	1:18:26	7:11	1	-	3	8:12	90.30	10:22:00	6:53	1	-	4	1:09:47
Sülzwiesen	9.70	1:06:59	6:54	1	-	3	8:22	100.00	11:28:59	6:53	1	-	4	1:18:09