



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

Detailed evaluation

Sax, Almuth

Club: TV Urbar

Number: 15

Course: 100.00 km

Ultra-Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Rank in course/Total: DNF (of 59)

Rank in course/Women: DNF (of 9)

Best time in course: 10:10:50

Rank in category: DNF(of 2)

Best time in the category: 11:28:59

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | 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 | 1:07:55 | 6:31 | 1 | - | 4 | 8:40 | 10.40 | 1:07:55 | 6:31 | 1 | - | 4 | 8:40 |
| Amelinghausen | 13.60 | 1:37:35 | 7:10 | 1 | - | 4 | 16:40 | 24.00 | 2:45:30 | 6:53 | 1 | - | 4 | 25:20 |
| Schwindebeck | 8.30 | 1:00:18 | 7:15 | 2 | 6:58 | 7 | 12:29 | 32.30 | 3:45:48 | 6:59 | 2 | 2:18 | 5 | 37:49 |
| Bispingen | 9.60 | 1:14:01 | 7:42 | 2 | 12:32 | 6 | 16:20 | 41.90 | 4:59:49 | 7:09 | 2 | 14:50 | 5 | 54:09 |
| Overhaverbeck | 10.80 | 1:31:25 | 8:27 | 2 | 19:52 | 6 | 24:32 | 52.70 | 6:31:14 | 7:25 | 2 | 34:42 | 5 | 1:16:40 |
| Undeloh | 6.90 | 58:55 | 8:32 | 2 | 9:48 | 6 | 13:31 | 59.60 | 7:30:09 | 7:33 | 2 | 44:30 | 6 | 1:29:34 |
| Egestorf | 9.20 | 1:25:10 | 9:15 | 2 | 21:33 | 6 | 29:27 | 68.80 | 8:55:19 | 7:46 | 2 | 1:06:03 | 6 | 1:59:01 |
| Salzhausen | 10.60 | 1:55:13 | 10:52 | 2 | 40:55 | 6 | 49:32 | 79.40 | 10:50:32 | 8:11 | 2 | 1:46:58 | 6 | 2:48:33 |
| Südergellersen | 10.90 | fehlt! | - | - | - | - | - | 90.30 | - | - | - | - | - | - |
| Sülzwiesen | 9.70 | fehlt! | - | - | - | - | - | 100.00 | - | - | - | - | - | - |