



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Stephan, Anne**

Club: Die Laufpartner  
Number: 105

Course: 100.00 km  
Ultra-Marathon

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 9:51:19

Speed: 10.15 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 6 (of 92)  
Rank in course/Women: 1 (of 23)  
Best time in course: 9:51:19

Rank in category: 1(of 3)  
Best time in the category: 9:51:19

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Südergellersen	10.30	1:07:02	6:30	2	7:43	12	11:12	10.30	1:07:02	6:30	2	7:43	12	11:12
Amelinghausen	13.80	1:10:38	5:07	1	-	1	-	24.10	2:17:40	5:42	1	-	2	6:39
Schwindebeck	9.40	49:37	5:16	1	-	1	-	33.50	3:07:17	5:35	1	-	2	0:55
Bispingen	8.90	46:43	5:14	1	-	1	-	42.40	3:54:00	5:31	1	-	1	-
Overhaverbeck	10.80	1:03:30	5:52	1	-	1	-	53.20	4:57:30	5:35	1	-	1	-
Undeloh	6.90	40:03	5:48	1	-	1	-	60.10	5:37:33	5:36	1	-	1	-
Egestorf	9.20	56:19	6:07	1	-	1	-	69.30	6:33:52	5:41	1	-	1	-
Salzhausen	10.70	1:08:00	6:21	1	-	2	1:34	80.00	7:41:52	5:46	1	-	1	-
Südergellersen	10.90	1:10:29	6:27	1	-	1	-	90.90	8:52:21	5:51	1	-	1	-
Sülzwiesen	9.10	58:58	6:28	1	-	4	1:51	100.00	9:51:19	5:54	1	-	1	-