



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

| 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 | 10.30 | 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 | - | |