



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

### Detailed evaluation

**Kazantceva, Olga**

Club: Green Tour  
Number: 44

Course: 100.00 km  
Ultra-Marathon

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 10:14:34

Speed: 9.76 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 9 (of 92)  
Rank in course/Women: 2 (of 23)  
Best time in course: 9:51:19

Rank in category: 1(of 5)  
Best time in the category: 10:14:34

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	55:50	5:25	1	-	1	-	10.30	55:50	5:25	1	-	1	-
Amelinghausen	13.80	1:15:11	5:26	1	-	3	4:33	24.10	2:11:01	5:26	1	-	1	-
Schwindebeck	9.40	55:21	5:53	1	-	3	5:44	33.50	3:06:22	5:33	1	-	1	-
Bispingen	8.90	53:45	6:02	1	-	4	7:02	42.40	4:00:07	5:39	1	-	3	6:07
Overhaverbeck	10.80	1:12:21	6:41	1	-	6	8:51	53.20	5:12:28	5:52	1	-	3	14:58
Undeloh	6.90	45:30	6:35	1	-	5	5:27	60.10	5:57:58	5:57	1	-	3	20:25
Egestorf	9.20	1:00:37	6:35	1	-	4	4:18	69.30	6:58:35	6:02	1	-	3	24:43
Salzhausen	10.70	1:06:26	6:12	1	-	1	-	80.00	8:05:01	6:03	1	-	3	23:09
Südergellersen	10.90	1:12:26	6:38	1	-	3	1:57	90.90	9:17:27	6:07	1	-	2	25:06
Sülzwiesen	9.10	57:07	6:16	1	-	1	-	100.00	10:14:34	6:08	1	-	2	23:15