



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Mönch, Sabine

Club: Lausitzer Heideläufer
Number: 123

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 10:16:49

Speed: 9.73 km/h
Running performance: 6:10 min/km

Rank in course/Total: 11 (of 92)

Rank in course/Women: 3 (of 23)

Best time in course: 9:51:19

Rank in category: 1(of 3)

Best time in the category: 10:16:49

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	1:07:03	6:30	1	-	13	11:13	10.30	1:07:03	6:30	1	-	13	11:13
Amelinghausen	13.80	1:10:44	5:07	1	-	2	0:06	24.10	2:17:47	5:43	1	-	3	6:46
Schwindebeck	9.40	51:08	5:26	1	-	2	1:31	33.50	3:08:55	5:38	1	-	3	2:33
Bispingen	8.90	50:41	5:41	1	-	2	3:58	42.40	3:59:36	5:39	1	-	2	5:36
Overhaverbeck	10.80	1:05:42	6:04	1	-	2	2:12	53.20	5:05:18	5:44	1	-	2	7:48
Undeloh	6.90	44:07	6:23	1	-	4	4:04	60.10	5:49:25	5:48	1	-	2	11:52
Egestorf	9.20	1:02:02	6:44	1	-	5	5:43	69.30	6:51:27	5:56	1	-	2	17:35
Salzhausen	10.70	1:11:44	6:42	1	-	6	5:18	80.00	8:03:11	6:02	1	-	2	21:19
Südergellersen	10.90	1:14:22	6:49	1	-	4	3:53	90.90	9:17:33	6:08	1	-	3	25:12
Sülzwiesen	9.10	59:16	6:30	1	-	5	2:09	100.00	10:16:49	6:10	1	-	3	25:30