



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Nowottny-Hupka, Rita

Club: LG Ultralauf/ LT Dortmund Wischlingen
Number: 73

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 10:18:21

Speed: 9.70 km/h
Running performance: 6:11 min/km

Rank in course/Total: 12 (of 92)

Rank in course/Women: 4 (of 23)

Best time in course: 9:51:19

Rank in category: 1(of 2)

Best time in the category: 10:18:21

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	59:01	5:43	1	-	2	3:11	10.30	59:01	5:43	1	-	2	3:11
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	2:14:59	14:21	2	53:52	23	1:25:22	33.50	3:14:00	5:47	1	-	4	7:38
Bispingen	8.90	53:36	6:01	1	-	3	6:53	42.40	4:07:36	5:50	1	-	4	13:36
Overhaverbeck	10.80	1:08:30	6:20	1	-	3	5:00	53.20	5:16:06	5:56	1	-	4	18:36
Undeloh	6.90	43:42	6:19	1	-	3	3:39	60.10	5:59:48	5:59	1	-	4	22:15
Egestorf	9.20	59:05	6:25	1	-	3	2:46	69.30	6:58:53	6:02	1	-	4	25:01
Salzhausen	10.70	1:09:22	6:28	1	-	4	2:56	80.00	8:08:15	6:06	1	-	4	26:23
Südergellersen	10.90	1:11:40	6:34	1	-	2	1:11	90.90	9:19:55	6:09	1	-	4	27:34
Sülzwiesen	9.10	58:26	6:25	1	-	3	1:19	100.00	10:18:21	6:11	1	-	4	27:02