



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Schmerfeld, Jasmin

Club: -

Number: 95

Course: 100.00 km

Ultra-Marathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 10:52:35

Speed: 9.19 km/h

Running performance: 6:32 min/km

Rank in course/Total: 18 (of 92)

Rank in course/Women: 6 (of 23)

Best time in course: 9:51:19

Rank in category: 2(of 5)

Best time in the category: 10:14:34

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Women			Women	km	
Südergellersen	10.30	1:01:20	5:57	3	5:30	6	5:30	10.30	1:01:20	5:57	3	5:30	6	5:30
Amelinghausen	13.80	1:23:04	6:01	3	7:53	8	12:26	24.10	2:24:24	5:59	3	13:23	8	13:23
Schwindebeck	9.40	57:12	6:05	2	1:51	6	7:35	33.50	3:21:36	6:01	3	15:14	9	15:14
Bispingen	8.90	57:52	6:30	2	4:07	8	11:09	42.40	4:19:28	6:07	3	19:21	8	25:28
Overhaverbeck	10.80	1:15:35	6:59	2	3:14	9	12:05	53.20	5:35:03	6:17	2	22:35	8	37:33
Undeloh	6.90	48:54	7:05	2	3:24	7	8:51	60.10	6:23:57	6:23	2	25:59	7	46:24
Egestorf	9.20	1:05:08	7:04	2	4:31	7	8:49	69.30	7:29:05	6:28	2	30:30	8	55:13
Salzhausen	10.70	1:10:08	6:33	2	3:42	5	3:42	80.00	8:39:13	6:29	2	34:12	6	57:21
Südergellersen	10.90	1:15:24	6:55	2	2:58	5	4:55	90.90	9:54:37	6:32	2	37:10	6	1:02:16
Sülzwiesen	9.10	57:58	6:22	2	0:51	2	0:51	100.00	10:52:35	6:31	2	38:01	6	1:01:16