



## 2. Lüneburger Heidelauf Lüneburg / 15.06.2019

### Detailed evaluation

**Schulz-Symon, Lydiah**

Club: Tus Hasede  
Number: 131

Course: 100.00 km  
Ultra-Marathon

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 11:54:02

Speed: 8.40 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 35 (of 92)

Rank in course/Women: 8 (of 23)

Best time in course: 9:51:19

Rank in category: 1(of 3)

Best time in the category: 11:54:02

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	1:02:45	6:05	1	-	8	6:55	10.30	1:02:45	6:05	1	-	8	6:55
Amelinghausen	13.80	1:20:14	5:48	1	-	5	9:36	24.10	2:22:59	5:55	1	-	7	11:58
Schwindebeck	9.40	58:30	6:13	1	-	7	8:53	33.50	3:21:29	6:00	1	-	8	15:07
Bispingen	8.90	57:59	6:30	1	-	9	11:16	42.40	4:19:28	6:07	1	-	8	25:28
Overhaverbeck	10.80	1:15:34	6:59	1	-	8	12:04	53.20	5:35:02	6:17	1	-	7	37:32
Undeloh	6.90	49:06	7:06	1	-	8	9:03	60.10	6:24:08	6:23	1	-	8	46:35
Egestorf	9.20	1:04:56	7:03	1	-	6	8:37	69.30	7:29:04	6:28	1	-	7	55:12
Salzhausen	10.70	1:20:06	7:29	1	-	9	13:40	80.00	8:49:10	6:36	1	-	8	1:07:18
Südergellersen	10.90	2:02:39	11:15	2	9:43	19	52:10	90.90	10:51:49	7:10	1	-	8	1:59:28
Sülzwiesen	9.10	1:02:13	6:50	1	-	6	5:06	100.00	11:54:02	7:08	1	-	8	2:02:43