



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Menz, Judit

Club: Garbsener SC
Number: 63

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 12:01:19

Speed: 8.32 km/h
Running performance: 7:13 min/km

Rank in course/Total: 37 (of 92)

Rank in course/Women: 9 (of 23)

Best time in course: 9:51:19

Rank in category: 2(of 5)

Best time in the category: 10:37:26

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	1:12:59	7:05	5	13:40	21	17:09	10.30	1:12:59	7:05	5	13:40	21	17:09		
Amelinghausen	13.80	1:31:45	6:38	4	11:31	12	21:07	24.10	2:44:44	6:50	4	25:11	16	33:43		
Schwindebeck	9.40	1:04:17	6:50	3	7:18	11	14:40	33.50	3:49:01	6:50	4	32:29	13	42:39		
Bispingen	8.90	1:02:06	6:58	3	7:56	11	15:23	42.40	4:51:07	6:51	3	40:25	12	57:07		
Overhaverbeck	10.80	1:19:36	7:22	3	10:34	11	16:06	53.20	6:10:43	6:58	3	50:59	12	1:13:13		
Undeloh	6.90	51:29	7:27	3	9:32	11	11:26	60.10	7:02:12	7:01	3	1:00:31	11	1:24:39		
Egestorf	9.20	1:08:32	7:26	2	9:56	8	12:13	69.30	8:10:44	7:04	3	1:10:27	11	1:36:52		
Salzhausen	10.70	1:17:41	7:15	2	9:23	7	11:15	80.00	9:28:25	7:06	3	1:19:50	10	1:46:33		
Südergellersen	10.90	1:25:40	7:51	2	4:12	7	15:11	90.90	10:54:05	7:11	2	1:24:02	9	2:01:44		
Sülzwiesen	9.10	1:07:14	7:23	1	-	8	10:07	100.00	12:01:19	7:12	2	1:23:53	9	2:10:00		