



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

Detailed evaluation

Lange, Christina

Club: -

Number: 52

Course: 100.00 km

Ultra-Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 12:12:08

Speed: 8.20 km/h

Running performance: 7:19 min/km

Rank in course/Total: 43 (of 92)

Rank in course/Women: 10 (of 23)

Best time in course: 9:51:19

Rank in category: 3(of 5)

Best time in the category: 10:37:26

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | 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 | 1:03:01 | 6:07 | 2 | 3:42 | 9 | 7:11 | 10.30 | 1:03:01 | 6:07 | 2 | 3:42 | 9 | 7:11 |
| Amelinghausen | 13.80 | 1:31:38 | 6:38 | 3 | 11:24 | 11 | 21:00 | 24.10 | 2:34:39 | 6:25 | 2 | 15:06 | 9 | 23:38 |
| Schwindebeck | 9.40 | 1:03:40 | 6:46 | 2 | 6:41 | 10 | 14:03 | 33.50 | 3:38:19 | 6:31 | 2 | 21:47 | 10 | 31:57 |
| Bispingen | 8.90 | 57:50 | 6:29 | 2 | 3:40 | 7 | 11:07 | 42.40 | 4:36:09 | 6:30 | 2 | 25:27 | 10 | 42:09 |
| Overhaverbeck | 10.80 | 1:18:34 | 7:16 | 2 | 9:32 | 10 | 15:04 | 53.20 | 5:54:43 | 6:40 | 2 | 34:59 | 9 | 57:13 |
| Undeloh | 6.90 | 47:44 | 6:55 | 2 | 5:47 | 6 | 7:41 | 60.10 | 6:42:27 | 6:41 | 2 | 40:46 | 9 | 1:04:54 |
| Egestorf | 9.20 | 1:10:58 | 7:42 | 3 | 12:22 | 10 | 14:39 | 69.30 | 7:53:25 | 6:49 | 2 | 53:08 | 9 | 1:19:33 |
| Salzhausen | 10.70 | 1:28:40 | 8:17 | 3 | 20:22 | 10 | 22:14 | 80.00 | 9:22:05 | 7:01 | 2 | 1:13:30 | 9 | 1:40:13 |
| Südergellersen | 10.90 | 1:38:23 | 9:01 | 3 | 16:55 | 11 | 27:54 | 90.90 | 11:00:28 | 7:15 | 3 | 1:30:25 | 10 | 2:08:07 |
| Sülzwiesen | 9.10 | 1:11:40 | 7:52 | 3 | 4:26 | 10 | 14:33 | 100.00 | 12:12:08 | 7:19 | 3 | 1:34:42 | 10 | 2:20:49 |