



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Schulz, Martina

Club: Meddys LWT Koblenz
Number: 100

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 12:29:45

Speed: 8.00 km/h
Running performance: 7:30 min/km

Rank in course/Total: 46 (of 92)

Rank in course/Women: 11 (of 23)

Best time in course: 9:51:19

Rank in category: 2(of 3)

Best time in the category: 10:16:49

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	1:07:55	6:35	2	0:52	15	12:05	10.30	1:07:55	6:35	2	0:52	15	12:05
Amelinghausen	13.80	1:35:06	6:53	2	24:22	15	24:28	24.10	2:43:01	6:45	2	25:14	15	32:00
Schwindebeck	9.40	1:07:32	7:11	2	16:24	13	17:55	33.50	3:50:33	6:52	2	41:38	14	44:11
Bispingen	8.90	1:05:30	7:21	2	14:49	13	18:47	42.40	4:56:03	6:58	2	56:27	14	1:02:03
Overhaverbeck	10.80	1:24:45	7:50	2	19:03	12	21:15	53.20	6:20:48	7:09	2	1:15:30	13	1:23:18
Undeloh	6.90	51:46	7:30	2	7:39	12	11:43	60.10	7:12:34	7:11	2	1:23:09	12	1:35:01
Egestorf	9.20	1:11:14	7:44	2	9:12	11	14:55	69.30	8:23:48	7:16	2	1:32:21	12	1:49:56
Salzhausen	10.70	1:30:55	8:29	2	19:11	12	24:29	80.00	9:54:43	7:26	2	1:51:32	12	2:12:51
Südergellersen	10.90	1:27:54	8:03	2	13:32	9	17:25	90.90	11:22:37	7:30	2	2:05:04	12	2:30:16
Sülzwiesen	9.10	1:07:08	7:22	2	7:52	7	10:01	100.00	12:29:45	7:29	2	2:12:56	11	2:38:26