



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Meixner, Julia

Club: run for fun
Number: 126

Course: 100.00 km
Ultra-Marathon

Category:
Frauen (20-29 Jahre)

Total time: 12:40:06

Speed: 7.89 km/h
Running performance: 7:36 min/km

Rank in course/Total: 47 (of 92)

Rank in course/Women: 12 (of 23)

Best time in course: 9:51:19

Rank in category: 1(of 1)

Best time in the category: 12:40:06

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	1:06:24	6:26	1	-	10	10:34	10.30	1:06:24	6:26	1	-	10	10:34
Amelinghausen	13.80	1:29:26	6:28	1	-	9	18:48	24.10	2:35:50	6:27	1	-	10	24:49
Schwindebeck	9.40	1:02:30	6:38	1	-	9	12:53	33.50	3:38:20	6:31	1	-	11	31:58
Bispingen	8.90	1:03:17	7:06	1	-	12	16:34	42.40	4:41:37	6:38	1	-	11	47:37
Overhaverbeck	10.80	1:14:14	6:52	1	-	7	10:44	53.20	5:55:51	6:41	1	-	10	58:21
Undeloh	6.90	50:23	7:18	1	-	9	10:20	60.10	6:46:14	6:45	1	-	10	1:08:41
Egestorf	9.20	1:17:17	8:24	1	-	12	20:58	69.30	8:03:31	6:58	1	-	10	1:29:39
Salzhausen	10.70	1:30:54	8:29	1	-	11	24:28	80.00	9:34:25	7:10	1	-	11	1:52:33
Südergellersen	10.90	1:40:10	9:11	1	-	12	29:41	90.90	11:14:35	7:25	1	-	11	2:22:14
Sülzwiesen	9.10	1:25:31	9:23	1	-	17	28:24	100.00	12:40:06	7:36	1	-	12	2:48:47