



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Jendro, Steffi

Club: Berlin Runners
Number: 39

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 13:57:38

Speed: 7.16 km/h
Running performance: 8:23 min/km

Rank in course/Total: 59 (of 92)

Rank in course/Women: 13 (of 23)

Best time in course: 9:51:19

Rank in category: 3(of 5)

Best time in the category: 10:14:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Südergellersen	10.30	1:08:55	6:41	4	13:05	16	13:05	10.30	1:08:55	6:41	4	13:05	16	13:05
Amelinghausen	13.80	1:33:49	6:47	4	18:38	13	23:11	24.10	2:42:44	6:45	4	31:43	14	31:43
Schwindebeck	9.40	1:11:39	7:37	4	16:18	16	22:02	33.50	3:54:23	6:59	4	48:01	17	48:01
Bispingen	8.90	1:17:24	8:41	5	23:39	20	30:41	42.40	5:11:47	7:21	4	1:11:40	18	1:17:47
Overhaverbeck	10.80	1:41:52	9:25	4	29:31	18	38:22	53.20	6:53:39	7:46	4	1:41:11	17	1:56:09
Undeloh	6.90	1:01:23	8:53	4	15:53	17	21:20	60.10	7:55:02	7:54	3	1:57:04	16	2:17:29
Egestorf	9.20	1:25:19	9:16	3	24:42	13	29:00	69.30	9:20:21	8:05	3	2:21:46	16	2:46:29
Salzhausen	10.70	1:36:15	8:59	3	29:49	13	29:49	80.00	10:56:36	8:12	3	2:51:35	14	3:14:44
Südergellersen	10.90	1:42:26	9:23	3	30:00	13	31:57	90.90	12:39:02	8:21	3	3:21:35	13	3:46:41
Sülzwiesen	9.10	1:18:36	8:38	3	21:29	14	21:29	100.00	13:57:38	8:22	3	3:43:04	13	4:06:19