



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Ott, Cordula

Club: RLT Rodgau
Number: 74

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 14:08:18

Speed: 7.07 km/h
Running performance: 8:29 min/km

Rank in course/Total: 63 (of 92)

Rank in course/Women: 15 (of 23)

Best time in course: 9:51:19

Rank in category: 3(of 3)

Best time in the category: 10:16:49

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	1:14:48	7:15	3	7:45	23	18:58	10.30	1:14:48	7:15	3	7:45	23	18:58		
Amelinghausen	13.80	1:38:51	7:09	3	28:07	18	28:13	24.10	2:53:39	7:12	3	35:52	19	42:38		
Schwindebeck	9.40	1:18:48	8:22	3	27:40	18	29:11	33.50	4:12:27	7:32	3	1:03:32	20	1:06:05		
Bispingen	8.90	1:13:16	8:13	3	22:35	18	26:33	42.40	5:25:43	7:40	3	1:26:07	19	1:31:43		
Overhaverbeck	10.80	1:35:49	8:52	3	30:07	15	32:19	53.20	7:01:32	7:55	3	1:56:14	18	2:04:02		
Undeloh	6.90	58:23	8:27	3	14:16	15	18:20	60.10	7:59:55	7:59	3	2:10:30	17	2:22:22		
Egestorf	9.20	1:26:25	9:23	3	24:23	14	30:06	69.30	9:26:20	8:10	3	2:34:53	17	2:52:28		
Salzhausen	10.70	1:45:48	9:53	3	34:04	19	39:22	80.00	11:12:08	8:24	3	3:08:57	17	3:30:16		
Südergellersen	10.90	1:43:06	9:27	3	28:44	14	32:37	90.90	12:55:14	8:31	3	3:37:41	17	4:02:53		
Sülzwiesen	9.10	1:13:04	8:01	3	13:48	11	15:57	100.00	14:08:18	8:28	3	3:51:29	15	4:16:59		