



2. Lüneburger Heide Lauf

Lüneburg / 15.06.2019

Detailed evaluation

Hoffmann, Kiki

Club: -

Number: 35

Course: 100.00 km

Ultra-Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 14:08:40

Speed: 7.07 km/h

Running performance: 8:29 min/km

Rank in course/Total: 66 (of 92)

Rank in course/Women: 16 (of 23)

Best time in course: 9:51:19

Rank in category: 2(of 3)

Best time in the category: 11:54:02

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	1:06:28	6:27	2	3:43	11	10:38	10.30	1:06:28	6:27	2	3:43	11	10:38
Amelinghausen	13.80	1:35:00	6:53	2	14:46	14	24:22	24.10	2:41:28	6:41	2	18:29	13	30:27
Schwindebeck	9.40	1:10:49	7:32	2	12:19	15	21:12	33.50	3:52:17	6:56	2	30:48	15	45:55
Bispingen	8.90	1:09:05	7:45	2	11:06	15	22:22	42.40	5:01:22	7:06	2	41:54	15	1:07:22
Overhaverbeck	10.80	1:35:34	8:50	2	20:00	14	32:04	53.20	6:36:56	7:27	2	1:01:54	14	1:39:26
Undeloh	6.90	1:04:25	9:20	2	15:19	19	24:22	60.10	7:41:21	7:40	2	1:17:13	13	2:03:48
Egestorf	9.20	1:29:19	9:42	2	24:23	15	33:00	69.30	9:10:40	7:56	2	1:41:36	13	2:36:48
Salzhausen	10.70	1:44:42	9:47	2	24:36	17	38:16	80.00	10:55:22	8:11	2	2:06:12	13	3:13:30
Südergellersen	10.90	1:52:56	10:21	1	-	18	42:27	90.90	12:48:18	8:27	2	1:56:29	14	3:55:57
Sülzwiesen	9.10	1:20:22	8:49	2	18:09	15	23:15	100.00	14:08:40	8:29	2	2:14:38	16	4:17:21