



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Drissen, Kathrin

Club: Die dicken Kinder von Kronsforde
Number: 18

Course: 100.00 km
Ultra-Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 14:41:29

Speed: 6.81 km/h
Running performance: 8:49 min/km

Rank in course/Total: 70 (of 92)

Rank in course/Women: 17 (of 23)

Best time in course: 9:51:19

Rank in category: 4(of 5)

Best time in the category: 10:37:26

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	1:10:48	6:52	4	11:29	17	14:58	10.30	1:10:48	6:52	4	11:29	17	14:58
Amelinghausen	13.80	1:36:41	7:00	5	16:27	17	26:03	24.10	2:47:29	6:56	5	27:56	17	36:28
Schwindebeck	9.40	1:07:51	7:13	5	10:52	14	18:14	33.50	3:55:20	7:01	5	38:48	18	48:58
Bispingen	8.90	1:09:57	7:51	5	15:47	16	23:14	42.40	5:05:17	7:12	5	54:35	17	1:11:17
Overhaverbeck	10.80	1:41:12	9:22	4	32:10	17	37:42	53.20	6:46:29	7:38	4	1:26:45	16	1:48:59
Undeloh	6.90	56:55	8:14	4	14:58	13	16:52	60.10	7:43:24	7:42	4	1:41:43	15	2:05:51
Egestorf	9.20	1:32:16	10:01	4	33:40	16	35:57	69.30	9:15:40	8:01	4	2:15:23	15	2:41:48
Salzhausen	10.70	1:44:01	9:43	4	35:43	16	37:35	80.00	10:59:41	8:14	4	2:51:06	16	3:17:49
Südergellersen	10.90	1:51:37	10:14	4	30:09	16	41:08	90.90	12:51:18	8:29	4	3:21:15	16	3:58:57
Sülzwiesen	9.10	1:50:11	12:06	4	42:57	19	53:04	100.00	14:41:29	8:48	4	4:04:03	17	4:50:10