



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

Detailed evaluation

Kreismann, Franziska

Club: :-)

Number: 49

Course: 100.00 km

Ultra-Marathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 14:43:16

Speed: 6.79 km/h

Running performance: 8:50 min/km

Rank in course/Total: 71 (of 92)

Rank in course/Women: 18 (of 23)

Best time in course: 9:51:19

Rank in category: 4(of 5)

Best time in the category: 10:14:34

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	1:11:14	6:54	5	15:24	19	15:24	10.30	1:11:14	6:54	5	15:24	19	15:24
Amelinghausen	13.80	1:43:56	7:31	5	28:45	20	33:18	24.10	2:55:10	7:16	5	44:09	20	44:09
Schwindebeck	9.40	1:19:06	8:24	5	23:45	19	29:29	33.50	4:14:16	7:35	5	1:07:54	21	1:07:54
Bispingen	8.90	1:15:12	8:26	4	21:27	19	28:29	42.40	5:29:28	7:46	5	1:29:21	20	1:35:28
Overhaverbeck	10.80	1:39:37	9:13	3	27:16	16	36:07	53.20	7:09:05	8:03	5	1:56:37	19	2:11:35
Undeloh	6.90	57:20	8:18	3	11:50	14	17:17	60.10	8:06:25	8:05	4	2:08:27	18	2:28:52
Egestorf	9.20	1:32:20	10:02	4	31:43	17	36:01	69.30	9:38:45	8:21	4	2:40:10	18	3:04:53
Salzhausen	10.70	1:38:46	9:13	4	32:20	14	32:20	80.00	11:17:31	8:28	4	3:12:30	18	3:35:39
Südergellersen	10.90	1:51:28	10:13	4	39:02	15	40:59	90.90	13:08:59	8:40	4	3:51:32	18	4:16:38
Sülzwiesen	9.10	1:34:17	10:21	4	37:10	18	37:10	100.00	14:43:16	8:49	4	4:28:42	18	4:51:57