



**Lüneburger  
Heide-Staffellauf**

**100  
km**

# Urkunde

## HKK-Runners

### 5-10er Staffel

|        |                       |          |         |
|--------|-----------------------|----------|---------|
| 329/1  | Heins, Meike          | 10.30 km | 1:08:25 |
| 329/2  | Heins, Ronald         | 13.80 km | 1:04:02 |
| 329/3  | Trempenau, Christian  | 9.40 km  | 48:11   |
| 329/4  | Thein Dr., Christiane | 8.90 km  | 49:17   |
| 329/5  | Gnad, Peter           | 10.80 km | 57:07   |
| 329/6  | Wolf Dr., Dominik     | 6.90 km  | 28:24   |
| 329/7  | Freitag Dr., Martin   | 9.20 km  | 51:39   |
| 329/8  | Rose, Natascha        | 10.70 km | 1:08:25 |
| 329/9  | Kirchner, Dörte       | 10.90 km | 1:01:07 |
| 329/10 | Kirchner, Jens-Ino    | 9.10 km  | 52:04   |

**Gesamt: 09:08:41 h**

**Platz: 28**

Lüneburg, den 15.06.2019