



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Ludolph & Co.

□□: 348

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 7:28:54

□□: 13.37 km/h

□□□□: 4:29 min/km

□□□□□: 1 (of 83)

□□□□□□: 7:28:54

□□□□□: 1(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	45:44	4:26	9	5:47	9	5:47	10.30	45:44	4:26	9	5:47	9	5:47
Amelinghausen	13.80	52:45	3:49	1	-	1	-	24.10	1:38:29	4:05	1	-	1	-
Schwindebeck	9.40	45:47	4:52	8	8:27	8	8:27	33.50	2:24:16	4:18	1	-	1	-
Bispingen	8.90	41:32	4:39	7	5:10	7	5:10	42.40	3:05:48	4:22	1	-	1	-
Overhaverbeck	10.80	44:55	4:09	1	-	1	-	53.20	3:50:43	4:20	1	-	1	-
Undeloh	6.90	33:40	4:52	12	5:38	12	5:38	60.10	4:24:23	4:23	1	-	1	-
Egestorf	9.20	48:28	5:16	20	10:14	20	10:14	69.30	5:12:51	4:30	1	-	1	-
Salzhausen	10.70	53:36	5:00	15	12:00	15	12:00	80.00	6:06:27	4:34	2	7:23	2	7:23
Südergellersen	10.90	44:40	4:05	1	-	1	-	90.90	6:51:07	4:31	2	0:02	2	0:02
Sülzwiesen	9.10	37:47	4:09	2	1:40	2	1:40	100.00	7:28:54	4:29	1	-	1	-