



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Heide-Mix-Staffel Bleckede-Soltau

□□□: 8:29:52

□□: 324

□□: 11.77 km/h

□□□□: 5:06 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 10 (of 83)

□□□□□□: 7:28:54

□□□□:

5-10er Staffel

□□□□□: 10(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	55:03	5:20	34	15:06	34	15:06	10.30	55:03	5:20	34	15:06	34	15:06
Amelinghausen	13.80	57:45	4:11	3	5:00	3	5:00	24.10	1:52:48	4:40	7	14:19	7	14:19
Schwindebeck	9.40	50:47	5:24	21	13:27	22	13:27	33.50	2:43:35	4:52	7	19:19	7	19:19
Bispingen	8.90	53:30	6:00	45	17:08	46	17:08	42.40	3:37:05	5:07	15	31:17	16	31:17
Overhaverbeck	10.80	53:30	4:57	17	8:35	17	8:35	53.20	4:30:35	5:05	12	39:52	12	39:52
Undeloh	6.90	53:22	7:44	75	25:20	76	25:20	60.10	5:23:57	5:23	24	59:34	25	59:34
Egestorf	9.20	44:27	4:49	7	6:13	7	6:13	69.30	6:08:24	5:18	20	55:33	20	55:33
Salzhausen	10.70	46:11	4:18	3	4:35	3	4:35	80.00	6:54:35	5:10	12	55:31	12	55:31
Südergellersen	10.90	49:52	4:34	6	5:12	6	5:12	90.90	7:44:27	5:06	8	53:22	8	53:22
Sülzwiesen	9.10	45:25	4:59	21	9:18	21	9:18	100.00	8:29:52	5:05	10	1:00:58	10	1:00:58