



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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RSC Lüneburg Triathlon I

□□□: 8:37:40

□□: 361

□□: 11.59 km/h

□□□□: 5:11 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 11 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 11(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	44:39	4:20	7	4:42	7	4:42	10.30	44:39	4:20	7	4:42	7	4:42
Amelinghausen	13.80	1:13:50	5:21	38	21:05	39	21:05	24.10	1:58:29	4:54	15	20:00	15	20:00
Schwindebeck	9.40	47:44	5:04	11	10:24	11	10:24	33.50	2:46:13	4:57	12	21:57	12	21:57
Bispingen	8.90	43:16	4:51	14	6:54	14	6:54	42.40	3:29:29	4:56	9	23:41	9	23:41
Overhaverbeck	10.80	1:10:34	6:32	74	25:39	75	25:39	53.20	4:40:03	5:15	19	49:20	20	49:20
Undeloh	6.90	35:40	5:10	16	7:38	16	7:38	60.10	5:15:43	5:15	15	51:20	15	51:20
Egestorf	9.20	47:45	5:11	15	9:31	15	9:31	69.30	6:03:28	5:14	13	50:37	13	50:37
Salzhausen	10.70	1:04:58	6:04	61	23:22	62	23:22	80.00	7:08:26	5:21	21	1:09:22	21	1:09:22
Südergellersen	10.90	50:20	4:37	7	5:40	7	5:40	90.90	7:58:46	5:16	16	1:07:41	16	1:07:41
Sülzwiesen	9.10	38:54	4:16	5	2:47	5	2:47	100.00	8:37:40	5:10	11	1:08:46	11	1:08:46