



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Stick & Stone Run

□□□: 8:38:58

□□: 369

□□: 11.56 km/h

□□□□: 5:11 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 12 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 12(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:02:42	6:05	66	22:45	67	22:45	10.30	1:02:42	6:05	66	22:45	67	22:45
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	1:53:48	12:06	75	1:16:28	76	1:16:28	33.50	2:56:30	5:16	27	32:14	28	32:14
Bispingen	8.90	48:26	5:26	25	12:04	26	12:04	42.40	3:44:56	5:18	20	39:08	21	39:08
Overhaverbeck	10.80	57:21	5:18	27	12:26	27	12:26	53.20	4:42:17	5:18	23	51:34	24	51:34
Undeloh	6.90	38:11	5:32	29	10:09	29	10:09	60.10	5:20:28	5:19	21	56:05	22	56:05
Egestorf	9.20	48:50	5:18	21	10:36	21	10:36	69.30	6:09:18	5:19	21	56:27	21	56:27
Salzhausen	10.70	49:11	4:35	9	7:35	9	7:35	80.00	6:58:29	5:13	14	59:25	14	59:25
Südergellersen	10.90	53:21	4:53	13	8:41	13	8:41	90.90	7:51:50	5:11	12	1:00:45	12	1:00:45
Sülzwiesen	9.10	47:08	5:10	27	11:01	27	11:01	100.00	8:38:58	5:11	12	1:10:04	12	1:10:04