



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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BSG OTTO

□□: 307

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 8:40:16

□□: 11.53 km/h

□□□□: 5:12 min/km

□□□□□: 13 (of 83)

□□□□□□: 7:28:54

□□□□□: 13(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	49:07	4:46	12	9:10	12	9:10	10.30	49:07	4:46	12	9:10	12	9:10
Amelinghausen	13.80	1:02:54	4:33	8	10:09	9	10:09	24.10	1:52:01	4:38	6	13:32	6	13:32
Schwindebeck	9.40	57:37	6:07	45	20:17	46	20:17	33.50	2:49:38	5:03	21	25:22	22	25:22
Bispingen	8.90	41:26	4:39	6	5:04	6	5:04	42.40	3:31:04	4:58	12	25:16	12	25:16
Overhaverbeck	10.80	53:45	4:58	18	8:50	18	8:50	53.20	4:24:49	4:58	8	34:06	8	34:06
Undeloh	6.90	29:11	4:13	3	1:09	3	1:09	60.10	4:54:00	4:53	5	29:37	5	29:37
Egestorf	9.20	1:04:50	7:02	77	26:36	78	26:36	69.30	5:58:50	5:10	11	45:59	11	45:59
Salzhausen	10.70	55:59	5:13	23	14:23	23	14:23	80.00	6:54:49	5:11	13	55:45	13	55:45
Südergellersen	10.90	57:31	5:16	25	12:51	25	12:51	90.90	7:52:20	5:11	13	1:01:15	13	1:01:15
Sülzwiesen	9.10	47:56	5:16	33	11:49	33	11:49	100.00	8:40:16	5:12	13	1:11:22	13	1:11:22