



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Nordmark

□□: 358

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 8:44:53

□□: 11.43 km/h

□□□□: 5:15 min/km

□□□□□: 14 (of 83)

□□□□□□: 7:28:54

□□□□□: 14(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	52:37	5:06	26	12:40	26	12:40	10.30	52:37	5:06	26	12:40	26	12:40
Amelinghausen	13.80	1:13:55	5:21	39	21:10	40	21:10	24.10	2:06:32	5:15	30	28:03	31	28:03
Schwindebeck	9.40	52:40	5:36	28	15:20	29	15:20	33.50	2:59:12	5:20	30	34:56	31	34:56
Bispingen	8.90	52:20	5:52	43	15:58	44	15:58	42.40	3:51:32	5:27	37	45:44	38	45:44
Overhaverbeck	10.80	57:23	5:18	28	12:28	28	12:28	53.20	4:48:55	5:25	30	58:12	31	58:12
Undeloh	6.90	37:39	5:27	25	9:37	25	9:37	60.10	5:26:34	5:26	28	1:02:11	29	1:02:11
Egestorf	9.20	38:45	4:12	2	0:31	2	0:31	69.30	6:05:19	5:16	17	52:28	17	52:28
Salzhausen	10.70	46:24	4:20	5	4:48	5	4:48	80.00	6:51:43	5:08	9	52:39	9	52:39
Südergellersen	10.90	1:05:18	5:59	52	20:38	53	20:38	90.90	7:57:01	5:14	15	1:05:56	15	1:05:56
Sülzwiesen	9.10	47:52	5:15	31	11:45	31	11:45	100.00	8:44:53	5:14	14	1:15:59	14	1:15:59