



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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CCR92B

□□: 309

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 8:45:08

□□: 11.43 km/h

□□□□: 5:15 min/km

□□□□□: 15 (of 83)

□□□□□□: 7:28:54

□□□□□: 15(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	59:27	5:46	53	19:30	54	19:30	10.30	59:27	5:46	53	19:30	54	19:30
Amelinghausen	13.80	1:14:48	5:25	44	22:03	45	22:03	24.10	2:14:15	5:34	42	35:46	43	35:46
Schwindebeck	9.40	43:23	4:36	3	6:03	3	6:03	33.50	2:57:38	5:18	28	33:22	29	33:22
Bispingen	8.90	39:33	4:26	3	3:11	3	3:11	42.40	3:37:11	5:07	16	31:23	17	31:23
Overhaverbeck	10.80	50:48	4:42	7	5:53	7	5:53	53.20	4:27:59	5:02	10	37:16	10	37:16
Undeloh	6.90	33:34	4:51	11	5:32	11	5:32	60.10	5:01:33	5:01	10	37:10	10	37:10
Egestorf	9.20	48:14	5:14	19	10:00	19	10:00	69.30	5:49:47	5:02	8	36:56	8	36:56
Salzhausen	10.70	54:36	5:06	16	13:00	16	13:00	80.00	6:44:23	5:03	8	45:19	8	45:19
Südergellersen	10.90	1:09:03	6:20	62	24:23	63	24:23	90.90	7:53:26	5:12	14	1:02:21	14	1:02:21
Sülzwiesen	9.10	51:42	5:40	44	15:35	45	15:35	100.00	8:45:08	5:15	15	1:16:14	15	1:16:14