



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Heidewitzka!

□□: 326

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 8:46:21

□□: 11.40 km/h

□□□□: 5:16 min/km

□□□□□: 16 (of 83)

□□□□□□: 7:28:54

□□□□□: 16(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:00:02	5:49	55	20:05	56	20:05	10.30	1:00:02	5:49	55	20:05	56	20:05
Amelinghausen	13.80	55:28	4:01	2	2:43	2	2:43	24.10	1:55:30	4:47	11	17:01	11	17:01
Schwindebeck	9.40	50:52	5:24	22	13:32	23	13:32	33.50	2:46:22	4:57	13	22:06	13	22:06
Bispingen	8.90	43:09	4:50	12	6:47	12	6:47	42.40	3:29:31	4:56	10	23:43	10	23:43
Overhaverbeck	10.80	1:00:09	5:34	42	15:14	42	15:14	53.20	4:29:40	5:04	11	38:57	11	38:57
Undeloh	6.90	40:40	5:53	40	12:38	41	12:38	60.10	5:10:20	5:09	12	45:57	12	45:57
Egestorf	9.20	49:09	5:20	23	10:55	23	10:55	69.30	5:59:29	5:11	12	46:38	12	46:38
Salzhausen	10.70	1:00:03	5:36	42	18:27	43	18:27	80.00	6:59:32	5:14	16	1:00:28	16	1:00:28
Südergellersen	10.90	52:12	4:47	12	7:32	12	7:32	90.90	7:51:44	5:11	11	1:00:39	11	1:00:39
Sülzwiesen	9.10	54:37	6:00	52	18:30	53	18:30	100.00	8:46:21	5:15	16	1:17:27	16	1:17:27