



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Landkreis Heidekreis

□□□: 8:48:03

□□: 335

□□: 11.36 km/h

□□□□: 5:17 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 17 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 17(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	43:53	4:15	5	3:56	5	3:56	10.30	43:53	4:15	5	3:56	5	3:56
Amelinghausen	13.80	1:07:53	4:55	20	15:08	21	15:08	24.10	1:51:46	4:38	3	13:17	3	13:17
Schwindebeck	9.40	49:48	5:17	18	12:28	19	12:28	33.50	2:41:34	4:49	6	17:18	6	17:18
Bispingen	8.90	47:08	5:17	22	10:46	22	10:46	42.40	3:28:42	4:55	7	22:54	7	22:54
Overhaverbeck	10.80	1:05:49	6:05	64	20:54	65	20:54	53.20	4:34:31	5:09	13	43:48	13	43:48
Undeloh	6.90	28:02	4:03	1	-	1	-	60.10	5:02:33	5:02	11	38:10	11	38:10
Egestorf	9.20	1:03:06	6:51	75	24:52	76	24:52	69.30	6:05:39	5:16	18	52:48	18	52:48
Salzhausen	10.70	1:02:31	5:50	51	20:55	52	20:55	80.00	7:08:10	5:21	20	1:09:06	20	1:09:06
Südergellersen	10.90	58:19	5:21	29	13:39	30	13:39	90.90	8:06:29	5:21	22	1:15:24	22	1:15:24
Sülzwiesen	9.10	41:34	4:34	9	5:27	9	5:27	100.00	8:48:03	5:16	17	1:19:09	17	1:19:09