



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

MTV Amelinghausen LT

□□□: 8:49:38

□□: 354

□□: 11.33 km/h

□□□□: 5:18 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 18 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 18(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	50:29	4:54	20	10:32	20	10:32	10.30	50:29	4:54	20	10:32	20	10:32
Amelinghausen	13.80	1:05:47	4:46	14	13:02	15	13:02	24.10	1:56:16	4:49	12	17:47	12	17:47
Schwindebeck	9.40	47:47	5:04	12	10:27	12	10:27	33.50	2:44:03	4:53	8	19:47	8	19:47
Bispingen	8.90	43:07	4:50	11	6:45	11	6:45	42.40	3:27:10	4:53	5	21:22	5	21:22
Overhaverbeck	10.80	52:36	4:52	14	7:41	14	7:41	53.20	4:19:46	4:52	7	29:03	7	29:03
Undeloh	6.90	34:45	5:02	14	6:43	14	6:43	60.10	4:54:31	4:54	6	30:08	6	30:08
Egestorf	9.20	48:54	5:18	22	10:40	22	10:40	69.30	5:43:25	4:57	6	30:34	6	30:34
Salzhausen	10.70	1:08:57	6:26	70	27:21	71	27:21	80.00	6:52:22	5:09	10	53:18	10	53:18
Südergellersen	10.90	1:08:16	6:15	59	23:36	60	23:36	90.90	8:00:38	5:17	18	1:09:33	18	1:09:33
Sülzwiesen	9.10	49:00	5:23	37	12:53	37	12:53	100.00	8:49:38	5:17	18	1:20:44	18	1:20:44