



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Hotmelt Speedys

□□: 330

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 8:51:54

□□: 11.28 km/h

□□□□: 5:19 min/km

□□□□□: 19 (of 83)

□□□□□□: 7:28:54

□□□□□: 19(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	59:20	5:45	48	19:23	49	19:23	10.30	59:20	5:45	48	19:23	49	19:23
Amelinghausen	13.80	1:09:27	5:01	26	16:42	27	16:42	24.10	2:08:47	5:20	32	30:18	33	30:18
Schwindebeck	9.40	53:13	5:39	30	15:53	31	15:53	33.50	3:02:00	5:25	36	37:44	37	37:44
Bispingen	8.90	45:48	5:08	20	9:26	20	9:26	42.40	3:47:48	5:22	28	42:00	29	42:00
Overhaverbeck	10.80	50:49	4:42	8	5:54	8	5:54	53.20	4:38:37	5:14	17	47:54	18	47:54
Undeloh	6.90	43:54	6:21	52	15:52	53	15:52	60.10	5:22:31	5:21	22	58:08	23	58:08
Egestorf	9.20	56:50	6:10	57	18:36	57	18:36	69.30	6:19:21	5:28	28	1:06:30	29	1:06:30
Salzhausen	10.70	54:43	5:06	17	13:07	17	13:07	80.00	7:14:04	5:25	26	1:15:00	26	1:15:00
Südergellersen	10.90	52:06	4:46	11	7:26	11	7:26	90.90	8:06:10	5:20	20	1:15:05	20	1:15:05
Sülzwiesen	9.10	45:44	5:01	23	9:37	23	9:37	100.00	8:51:54	5:19	19	1:23:00	19	1:23:00