



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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sport.Tri.lich SPEED

□□: 367

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 7:32:27

□□: 13.26 km/h

□□□□: 4:31 min/km

□□□□□: 2 (of 83)

□□□□□□: 7:28:54

□□□□□: 2(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	44:38	4:19	6	4:41	6	4:41	10.30	44:38	4:19	6	4:41	6	4:41
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	1:41:15	10:46	74	1:03:55	75	1:03:55	33.50	2:25:53	4:21	2	1:37	2	1:37
Bispingen	8.90	43:09	4:50	12	6:47	12	6:47	42.40	3:09:02	4:27	3	3:14	3	3:14
Overhaverbeck	10.80	51:50	4:47	12	6:55	12	6:55	53.20	4:00:52	4:31	3	10:09	3	10:09
Undeloh	6.90	34:10	4:57	13	6:08	13	6:08	60.10	4:35:02	4:34	3	10:39	3	10:39
Egestorf	9.20	44:41	4:51	9	6:27	9	6:27	69.30	5:19:43	4:36	3	6:52	3	6:52
Salzhausen	10.70	49:15	4:36	10	7:39	10	7:39	80.00	6:08:58	4:36	3	9:54	3	9:54
Südergellersen	10.90	44:44	4:06	2	0:04	2	0:04	90.90	6:53:42	4:33	3	2:37	3	2:37
Sülzwiesen	9.10	38:45	4:15	4	2:38	4	2:38	100.00	7:32:27	4:31	2	3:33	2	3:33