



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Malermeister C.Cramm

□□□: 8:54:04

□□: 353

□□: 11.23 km/h

□□□□: 5:20 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 20 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 20(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	49:45	4:49	15	9:48	15	9:48	10.30	49:45	4:49	15	9:48	15	9:48
Amelinghausen	13.80	1:09:23	5:01	25	16:38	26	16:38	24.10	1:59:08	4:56	16	20:39	16	20:39
Schwindebeck	9.40	47:52	5:05	13	10:32	13	10:32	33.50	2:47:00	4:59	15	22:44	15	22:44
Bispingen	8.90	1:01:01	6:51	67	24:39	68	24:39	42.40	3:48:01	5:22	29	42:13	30	42:13
Overhaverbeck	10.80	51:47	4:47	11	6:52	11	6:52	53.20	4:39:48	5:15	18	49:05	19	49:05
Undeloh	6.90	37:54	5:29	26	9:52	26	9:52	60.10	5:17:42	5:17	18	53:19	19	53:19
Egestorf	9.20	56:12	6:06	54	17:58	54	17:58	69.30	6:13:54	5:23	23	1:01:03	23	1:01:03
Salzhausen	10.70	56:52	5:18	29	15:16	30	15:16	80.00	7:10:46	5:23	22	1:11:42	22	1:11:42
Südergellersen	10.90	55:16	5:04	17	10:36	17	10:36	90.90	8:06:02	5:20	19	1:14:57	19	1:14:57
Sülzwiesen	9.10	48:02	5:16	34	11:55	34	11:55	100.00	8:54:04	5:20	20	1:25:10	20	1:25:10