



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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TSV Neustadt

□□: 381

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 8:54:19

□□: 11.23 km/h

□□□□: 5:20 min/km

□□□□□: 21 (of 83)

□□□□□□: 7:28:54

□□□□□: 21(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	58:39	5:41	46	18:42	47	18:42	10.30	58:39	5:41	46	18:42	47	18:42
Amelinghausen	13.80	1:14:22	5:23	40	21:37	41	21:37	24.10	2:13:01	5:31	38	34:32	39	34:32
Schwindebeck	9.40	48:48	5:11	16	11:28	17	11:28	33.50	3:01:49	5:25	35	37:33	36	37:33
Bispingen	8.90	48:42	5:28	28	12:20	29	12:20	42.40	3:50:31	5:26	34	44:43	35	44:43
Overhaverbeck	10.80	57:43	5:20	29	12:48	29	12:48	53.20	4:48:14	5:25	29	57:31	30	57:31
Undeloh	6.90	31:14	4:31	6	3:12	6	3:12	60.10	5:19:28	5:18	20	55:05	21	55:05
Egestorf	9.20	44:56	4:53	10	6:42	10	6:42	69.30	6:04:24	5:15	15	51:33	15	51:33
Salzhausen	10.70	56:10	5:14	25	14:34	25	14:34	80.00	7:00:34	5:15	18	1:01:30	18	1:01:30
Südergellersen	10.90	59:04	5:25	33	14:24	34	14:24	90.90	7:59:38	5:16	17	1:08:33	17	1:08:33
Sülzwiesen	9.10	54:41	6:00	53	18:34	54	18:34	100.00	8:54:19	5:20	21	1:25:25	21	1:25:25