



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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LCW Heidschnucken

□□□: 9:04:10

□□: 347

□□: 11.03 km/h

□□□□: 5:26 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 26 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 25(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□

| □□□ | □□ 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 | 1:05:48 | 4:46 | 15 | 13:03 | 16 | 13:03 | 24.10 | 1:56:17 | 4:49 | 13 | 17:48 | 13 | 17:48 |
| Schwindebeck | 9.40 | 50:14 | 5:20 | 19 | 12:54 | 20 | 12:54 | 33.50 | 2:46:31 | 4:58 | 14 | 22:15 | 14 | 22:15 |
| Bispingen | 8.90 | 49:25 | 5:33 | 33 | 13:03 | 34 | 13:03 | 42.40 | 3:35:56 | 5:05 | 14 | 30:08 | 15 | 30:08 |
| Overhaverbeck | 10.80 | 1:05:48 | 6:05 | 63 | 20:53 | 64 | 20:53 | 53.20 | 4:41:44 | 5:17 | 22 | 51:01 | 23 | 51:01 |
| Undeloh | 6.90 | 42:13 | 6:07 | 46 | 14:11 | 47 | 14:11 | 60.10 | 5:23:57 | 5:23 | 24 | 59:34 | 25 | 59:34 |
| Egestorf | 9.20 | 54:28 | 5:55 | 49 | 16:14 | 49 | 16:14 | 69.30 | 6:18:25 | 5:27 | 27 | 1:05:34 | 28 | 1:05:34 |
| Salzhausen | 10.70 | 1:06:54 | 6:15 | 63 | 25:18 | 64 | 25:18 | 80.00 | 7:25:19 | 5:33 | 36 | 1:26:15 | 37 | 1:26:15 |
| Südergellersen | 10.90 | 50:56 | 4:40 | 8 | 6:16 | 8 | 6:16 | 90.90 | 8:16:15 | 5:27 | 27 | 1:25:10 | 28 | 1:25:10 |
| Sülzwiesen | 9.10 | 47:55 | 5:15 | 32 | 11:48 | 32 | 11:48 | 100.00 | 9:04:10 | 5:26 | 25 | 1:35:16 | 26 | 1:35:16 |