



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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BSG Allianz Köln Weiß-Blau e.V.

□□□: 9:07:32

□□: 305

□□: 10.96 km/h

□□□□: 5:29 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 27 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 26(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	42:57	4:10	3	3:00	3	3:00	10.30	42:57	4:10	3	3:00	3	3:00
Amelinghausen	13.80	1:08:56	4:59	22	16:11	23	16:11	24.10	1:51:53	4:38	4	13:24	4	13:24
Schwindebeck	9.40	54:10	5:45	33	16:50	34	16:50	33.50	2:46:03	4:57	11	21:47	11	21:47
Bispingen	8.90	58:07	6:31	62	21:45	63	21:45	42.40	3:44:10	5:17	19	38:22	20	38:22
Overhaverbeck	10.80	57:13	5:17	26	12:18	26	12:18	53.20	4:41:23	5:17	21	50:40	22	50:40
Undeloh	6.90	35:25	5:07	15	7:23	15	7:23	60.10	5:16:48	5:16	17	52:25	17	52:25
Egestorf	9.20	48:05	5:13	16	9:51	16	9:51	69.30	6:04:53	5:15	16	52:02	16	52:02
Salzhausen	10.70	1:11:02	6:38	74	29:26	75	29:26	80.00	7:15:55	5:26	29	1:16:51	30	1:16:51
Südergellersen	10.90	59:29	5:27	36	14:49	37	14:49	90.90	8:15:24	5:26	25	1:24:19	26	1:24:19
Sülzwiesen	9.10	52:08	5:43	46	16:01	47	16:01	100.00	9:07:32	5:28	26	1:38:38	27	1:38:38