



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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LüneCom

□□: 351

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:08:30

□□: 10.94 km/h

□□□□: 5:29 min/km

□□□□□: 28 (of 83)

□□□□□□: 7:28:54

□□□□□: 27(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	43:50	4:15	4	3:53	4	3:53	10.30	43:50	4:15	4	3:53	4	3:53
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	2:04:44	13:16	78	1:27:24	79	1:27:24	33.50	2:48:34	5:01	18	24:18	19	24:18
Bispingen	8.90	51:09	5:44	41	14:47	42	14:47	42.40	3:39:43	5:10	17	33:55	18	33:55
Overhaverbeck	10.80	57:01	5:16	24	12:06	24	12:06	53.20	4:36:44	5:12	15	46:01	15	46:01
Undeloh	6.90	39:03	5:39	33	11:01	33	11:01	60.10	5:15:47	5:15	16	51:24	16	51:24
Egestorf	9.20	48:12	5:14	17	9:58	17	9:58	69.30	6:03:59	5:15	14	51:08	14	51:08
Salzhausen	10.70	55:40	5:12	22	14:04	22	14:04	80.00	6:59:39	5:14	17	1:00:35	17	1:00:35
Südergellersen	10.90	1:21:20	7:27	79	36:40	80	36:40	90.90	8:20:59	5:30	33	1:29:54	34	1:29:54
Sülzwiesen	9.10	47:31	5:13	28	11:24	28	11:24	100.00	9:08:30	5:29	27	1:39:36	28	1:39:36