



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

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)

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

| □□□ | □□ 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 |