



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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HKK-Runners

□□: 329

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:08:41

□□: 10.94 km/h

□□□□: 5:29 min/km

□□□□□: 29 (of 83)

□□□□□□: 7:28:54

□□□□□: 28(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:08:25	6:38	77	28:28	78	28:28	10.30	1:08:25	6:38	77	28:28	78	28:28
Amelinghausen	13.80	1:04:02	4:38	11	11:17	12	11:17	24.10	2:12:27	5:29	36	33:58	37	33:58
Schwindebeck	9.40	48:11	5:07	14	10:51	14	10:51	33.50	3:00:38	5:23	32	36:22	33	36:22
Bispingen	8.90	49:17	5:32	32	12:55	33	12:55	42.40	3:49:55	5:25	33	44:07	34	44:07
Overhaverbeck	10.80	57:07	5:17	25	12:12	25	12:12	53.20	4:47:02	5:23	27	56:19	28	56:19
Undeloh	6.90	28:24	4:06	2	0:22	2	0:22	60.10	5:15:26	5:14	14	51:03	14	51:03
Egestorf	9.20	51:39	5:36	36	13:25	36	13:25	69.30	6:07:05	5:17	19	54:14	19	54:14
Salzhausen	10.70	1:08:25	6:23	68	26:49	69	26:49	80.00	7:15:30	5:26	28	1:16:26	29	1:16:26
Südergellersen	10.90	1:01:07	5:36	40	16:27	41	16:27	90.90	8:16:37	5:27	28	1:25:32	29	1:25:32
Sülzwiesen	9.10	52:04	5:43	45	15:57	46	15:57	100.00	9:08:41	5:29	28	1:39:47	29	1:39:47