



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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BSG Ausdauersport Rheinmetall Unterlüß 7:33:01

□□: 306

□□: 13.24 km/h

□□□□: 4:32 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 3 (of 83)

□□□□□□: 7:28:54

□□□□:

5-10er Staffel

□□□□□: 3(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	46:25	4:30	10	6:28	10	6:28	10.30	46:25	4:30	10	6:28	10	6:28
Amelinghausen	13.80	58:43	4:15	4	5:58	4	5:58	24.10	1:45:08	4:21	2	6:39	2	6:39
Schwindebeck	9.40	41:48	4:26	2	4:28	2	4:28	33.50	2:26:56	4:23	3	2:40	3	2:40
Bispingen	8.90	41:52	4:42	9	5:30	9	5:30	42.40	3:08:48	4:27	2	3:00	2	3:00
Overhaverbeck	10.80	51:16	4:44	10	6:21	10	6:21	53.20	4:00:04	4:30	2	9:21	2	9:21
Undeloh	6.90	31:33	4:34	7	3:31	7	3:31	60.10	4:31:37	4:31	2	7:14	2	7:14
Egestorf	9.20	41:58	4:33	4	3:44	4	3:44	69.30	5:13:35	4:31	2	0:44	2	0:44
Salzhausen	10.70	45:29	4:15	2	3:53	2	3:53	80.00	5:59:04	4:29	1	-	1	-
Südergellersen	10.90	52:01	4:46	10	7:21	10	7:21	90.90	6:51:05	4:31	1	-	1	-
Sülzwiesen	9.10	41:56	4:36	11	5:49	11	5:49	100.00	7:33:01	4:31	3	4:07	3	4:07