



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Lufthansa SV/ BSV HH

□□: 349

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:11:10

□□: 10.89 km/h

□□□□: 5:31 min/km

□□□□□: 31 (of 83)

□□□□□□: 7:28:54

□□□□□: 30(of 82)

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	56:01	5:26	37	16:04	37	16:04	10.30	56:01	5:26	37	16:04	37	16:04
Amelinghausen	13.80	1:03:38	4:36	9	10:53	10	10:53	24.10	1:59:39	4:57	17	21:10	17	21:10
Schwindebeck	9.40	45:31	4:50	6	8:11	6	8:11	33.50	2:45:10	4:55	9	20:54	9	20:54
Bispingen	8.90	46:20	5:12	21	9:58	21	9:58	42.40	3:31:30	4:59	13	25:42	13	25:42
Overhaverbeck	10.80	1:03:21	5:51	55	18:26	56	18:26	53.20	4:34:51	5:09	14	44:08	14	44:08
Undeloh	6.90	48:20	7:00	63	20:18	64	20:18	60.10	5:23:11	5:22	23	58:48	24	58:48
Egestorf	9.20	53:59	5:52	47	15:45	47	15:45	69.30	6:17:10	5:26	25	1:04:19	25	1:04:19
Salzhausen	10.70	56:35	5:17	28	14:59	28	14:59	80.00	7:13:45	5:25	25	1:14:41	25	1:14:41
Südergellersen	10.90	1:01:52	5:40	43	17:12	44	17:12	90.90	8:15:37	5:27	26	1:24:32	27	1:24:32
Sülzwiesen	9.10	55:33	6:06	56	19:26	57	19:26	100.00	9:11:10	5:30	30	1:42:16	31	1:42:16