



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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2 Minuten schneller

□□: 302

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:13:50

□□: 10.83 km/h

□□□□: 5:32 min/km

□□□□□: 32 (of 83)

□□□□□□: 7:28:54

□□□□□: 31(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:05:17	6:20	72	25:20	73	25:20	10.30	1:05:17	6:20	72	25:20	73	25:20
Amelinghausen	13.80	1:09:42	5:03	27	16:57	28	16:57	24.10	2:14:59	5:36	45	36:30	46	36:30
Schwindebeck	9.40	51:53	5:31	24	14:33	25	14:33	33.50	3:06:52	5:34	41	42:36	42	42:36
Bispingen	8.90	44:01	4:56	17	7:39	17	7:39	42.40	3:50:53	5:26	35	45:05	36	45:05
Overhaverbeck	10.80	59:12	5:28	37	14:17	37	14:17	53.20	4:50:05	5:27	31	59:22	32	59:22
Undeloh	6.90	39:38	5:44	36	11:36	37	11:36	60.10	5:29:43	5:29	30	1:05:20	31	1:05:20
Egestorf	9.20	58:38	6:22	61	20:24	61	20:24	69.30	6:28:21	5:36	38	1:15:30	39	1:15:30
Salzhausen	10.70	54:44	5:06	18	13:08	18	13:08	80.00	7:23:05	5:32	33	1:24:01	34	1:24:01
Südergellersen	10.90	1:05:24	6:00	53	20:44	54	20:44	90.90	8:28:29	5:35	36	1:37:24	37	1:37:24
Sülzwiesen	9.10	45:21	4:59	20	9:14	20	9:14	100.00	9:13:50	5:32	31	1:44:56	32	1:44:56