



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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sport.Tri.lich SPECIAL

□□: 366

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:14:43

□□: 10.82 km/h

□□□□: 5:33 min/km

□□□□□: 33 (of 83)

□□□□□□: 7:28:54

□□□□□: 32(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:03:10	6:07	69	23:13	70	23:13	10.30	1:03:10	6:07	69	23:13	70	23:13
Amelinghausen	13.80	1:02:46	4:32	7	10:01	8	10:01	24.10	2:05:56	5:13	28	27:27	29	27:27
Schwindebeck	9.40	58:18	6:12	48	20:58	49	20:58	33.50	3:04:14	5:29	38	39:58	39	39:58
Bispingen	8.90	41:05	4:36	5	4:43	5	4:43	42.40	3:45:19	5:18	23	39:31	24	39:31
Overhaverbeck	10.80	1:02:31	5:47	50	17:36	50	17:36	53.20	4:47:50	5:24	28	57:07	29	57:07
Undeloh	6.90	38:08	5:31	28	10:06	28	10:06	60.10	5:25:58	5:25	27	1:01:35	28	1:01:35
Egestorf	9.20	51:11	5:33	31	12:57	31	12:57	69.30	6:17:09	5:26	24	1:04:18	24	1:04:18
Salzhausen	10.70	56:26	5:16	27	14:50	27	14:50	80.00	7:13:35	5:25	24	1:14:31	24	1:14:31
Südergellersen	10.90	1:01:47	5:40	42	17:07	43	17:07	90.90	8:15:22	5:26	24	1:24:17	25	1:24:17
Sülzwiesen	9.10	59:21	6:31	69	23:14	70	23:14	100.00	9:14:43	5:32	32	1:45:49	33	1:45:49