



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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HHLA läuft gut

□□: 328

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:16:22

□□: 10.78 km/h

□□□□: 5:34 min/km

□□□□□: 34 (of 83)

□□□□□□: 7:28:54

□□□□□: 33(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	52:55	5:08	27	12:58	27	12:58	10.30	52:55	5:08	27	12:58	27	12:58
Amelinghausen	13.80	1:03:46	4:37	10	11:01	11	11:01	24.10	1:56:41	4:50	14	18:12	14	18:12
Schwindebeck	9.40	56:07	5:58	39	18:47	40	18:47	33.50	2:52:48	5:09	24	28:32	25	28:32
Bispingen	8.90	1:01:53	6:57	70	25:31	71	25:31	42.40	3:54:41	5:32	38	48:53	39	48:53
Overhaverbeck	10.80	1:03:18	5:51	54	18:23	55	18:23	53.20	4:57:59	5:36	41	1:07:16	42	1:07:16
Undeloh	6.90	37:37	5:27	24	9:35	24	9:35	60.10	5:35:36	5:35	36	1:11:13	37	1:11:13
Egestorf	9.20	51:29	5:35	34	13:15	34	13:15	69.30	6:27:05	5:35	35	1:14:14	36	1:14:14
Salzhausen	10.70	59:54	5:35	41	18:18	42	18:18	80.00	7:26:59	5:35	37	1:27:55	38	1:27:55
Südergellersen	10.90	1:04:26	5:54	49	19:46	50	19:46	90.90	8:31:25	5:37	39	1:40:20	40	1:40:20
Sülzwiesen	9.10	44:57	4:56	16	8:50	16	8:50	100.00	9:16:22	5:33	33	1:47:28	34	1:47:28