



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Düvelsbrook Dynamics Lüneburg 1 □□□: 9:16:35

□□: 318

□□: 10.78 km/h
□□□□: 5:34 min/km

□□: 100.00 km
Lüneburger Heide Lauf

□□□□□: 35 (of 83)

□□□□□□: 7:28:54

□□□□:
5-10er Staffel

□□□□□: 34(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	50:03	4:51	19	10:06	19	10:06	10.30	50:03	4:51	19	10:06	19	10:06
Amelinghausen	13.80	1:16:18	5:31	48	23:33	49	23:33	24.10	2:06:21	5:14	29	27:52	30	27:52
Schwindebeck	9.40	59:44	6:21	54	22:24	55	22:24	33.50	3:06:05	5:33	40	41:49	41	41:49
Bispingen	8.90	49:09	5:31	31	12:47	32	12:47	42.40	3:55:14	5:32	40	49:26	41	49:26
Overhaverbeck	10.80	1:02:38	5:47	51	17:43	52	17:43	53.20	4:57:52	5:35	40	1:07:09	41	1:07:09
Undeloh	6.90	43:28	6:17	50	15:26	51	15:26	60.10	5:41:20	5:40	43	1:16:57	44	1:16:57
Egestorf	9.20	45:29	4:56	11	7:15	11	7:15	69.30	6:26:49	5:34	34	1:13:58	35	1:13:58
Salzhausen	10.70	57:52	5:24	34	16:16	35	16:16	80.00	7:24:41	5:33	35	1:25:37	36	1:25:37
Südergellersen	10.90	1:06:37	6:06	55	21:57	56	21:57	90.90	8:31:18	5:37	38	1:40:13	39	1:40:13
Sülzwiesen	9.10	45:17	4:58	18	9:10	18	9:10	100.00	9:16:35	5:33	34	1:47:41	35	1:47:41