



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Impuls fit & aktiv gesund

□□: 331

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:17:40

□□: 10.76 km/h

□□□□: 5:35 min/km

□□□□□: 37 (of 83)

□□□□□□: 7:28:54

□□□□□: 36(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	53:37	5:12	29	13:40	29	13:40	10.30	53:37	5:12	29	13:40	29	13:40
Amelinghausen	13.80	1:09:01	5:00	23	16:16	24	16:16	24.10	2:02:38	5:05	20	24:09	21	24:09
Schwindebeck	9.40	48:44	5:11	15	11:24	16	11:24	33.50	2:51:22	5:06	22	27:06	23	27:06
Bispingen	8.90	50:53	5:43	39	14:31	40	14:31	42.40	3:42:15	5:14	18	36:27	19	36:27
Overhaverbeck	10.80	1:09:17	6:24	71	24:22	72	24:22	53.20	4:51:32	5:28	33	1:00:49	34	1:00:49
Undeloh	6.90	46:55	6:47	59	18:53	60	18:53	60.10	5:38:27	5:37	39	1:14:04	40	1:14:04
Egestorf	9.20	50:06	5:26	28	11:52	28	11:52	69.30	6:28:33	5:36	39	1:15:42	40	1:15:42
Salzhausen	10.70	1:00:03	5:36	42	18:27	43	18:27	80.00	7:28:36	5:36	38	1:29:32	39	1:29:32
Südergellersen	10.90	51:38	4:44	9	6:58	9	6:58	90.90	8:20:14	5:30	31	1:29:09	32	1:29:09
Sülzwiesen	9.10	57:26	6:18	63	21:19	64	21:19	100.00	9:17:40	5:34	36	1:48:46	37	1:48:46