



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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VfL Team

□□: 383

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:21:12

□□: 10.69 km/h

□□□□: 5:37 min/km

□□□□□: 39 (of 83)

□□□□□□: 7:28:54

□□□□□: 38(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	56:57	5:31	41	17:00	41	17:00	10.30	56:57	5:31	41	17:00	41	17:00
Amelinghausen	13.80	1:12:29	5:15	32	19:44	33	19:44	24.10	2:09:26	5:22	33	30:57	34	30:57
Schwindebeck	9.40	45:55	4:53	9	8:35	9	8:35	33.50	2:55:21	5:14	25	31:05	26	31:05
Bispingen	8.90	50:08	5:37	37	13:46	38	13:46	42.40	3:45:29	5:19	24	39:41	25	39:41
Overhaverbeck	10.80	1:10:43	6:32	75	25:48	76	25:48	53.20	4:56:12	5:34	38	1:05:29	39	1:05:29
Undeloh	6.90	36:44	5:19	22	8:42	22	8:42	60.10	5:32:56	5:32	31	1:08:33	32	1:08:33
Egestorf	9.20	56:25	6:07	55	18:11	55	18:11	69.30	6:29:21	5:37	40	1:16:30	41	1:16:30
Salzhausen	10.70	1:04:05	5:59	56	22:29	57	22:29	80.00	7:33:26	5:40	41	1:34:22	42	1:34:22
Südergellersen	10.90	1:02:26	5:43	45	17:46	46	17:46	90.90	8:35:52	5:40	41	1:44:47	42	1:44:47
Sülzwiesen	9.10	45:20	4:58	19	9:13	19	9:13	100.00	9:21:12	5:36	38	1:52:18	39	1:52:18