



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Team Stade - Auf neuen Wegen

□□□: 8:00:40

□□: 374

□□: 12.48 km/h

□□□□: 4:49 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 4 (of 83)

□□□□□□: 7:28:54

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□□□□□: 4(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	57:11	5:33	42	17:14	43	17:14	10.30	57:11	5:33	42	17:14	43	17:14
Amelinghausen	13.80	1:02:36	4:32	6	9:51	6	9:51	24.10	1:59:47	4:58	18	21:18	19	21:18
Schwindebeck	9.40	37:20	3:58	1	-	1	-	33.50	2:37:07	4:41	4	12:51	4	12:51
Bispingen	8.90	43:37	4:54	16	7:15	16	7:15	42.40	3:20:44	4:44	4	14:56	4	14:56
Overhaverbeck	10.80	49:02	4:32	5	4:07	5	4:07	53.20	4:09:46	4:41	4	19:03	4	19:03
Undeloh	6.90	35:41	5:10	17	7:39	17	7:39	60.10	4:45:27	4:44	4	21:04	4	21:04
Egestorf	9.20	44:30	4:50	8	6:16	8	6:16	69.30	5:29:57	4:45	4	17:06	4	17:06
Salzhausen	10.70	58:42	5:29	36	17:06	37	17:06	80.00	6:28:39	4:51	4	29:35	4	29:35
Südergellersen	10.90	55:54	5:07	19	11:14	19	11:14	90.90	7:24:33	4:53	4	33:28	4	33:28
Sülzwiesen	9.10	36:07	3:58	1	-	1	-	100.00	8:00:40	4:48	4	31:46	4	31:46