



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Tus Hertha Betzendorf

□□□: 9:24:27

□□: 382

□□: 10.63 km/h

□□□□: 5:38 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 42 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 41(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:02:44	6:05	67	22:47	68	22:47	10.30	1:02:44	6:05	67	22:47	68	22:47
Amelinghausen	13.80	1:14:47	5:25	43	22:02	44	22:02	24.10	2:17:31	5:42	50	39:02	51	39:02
Schwindebeck	9.40	58:11	6:11	47	20:51	48	20:51	33.50	3:15:42	5:50	57	51:26	58	51:26
Bispingen	8.90	56:14	6:19	57	19:52	58	19:52	42.40	4:11:56	5:56	60	1:06:08	61	1:06:08
Overhaverbeck	10.80	1:08:58	6:23	69	24:03	70	24:03	53.20	5:20:54	6:01	64	1:30:11	65	1:30:11
Undeloh	6.90	36:59	5:21	23	8:57	23	8:57	60.10	5:57:53	5:57	56	1:33:30	57	1:33:30
Egestorf	9.20	49:49	5:24	27	11:35	27	11:35	69.30	6:47:42	5:52	52	1:34:51	53	1:34:51
Salzhausen	10.70	52:13	4:52	14	10:37	14	10:37	80.00	7:39:55	5:44	45	1:40:51	46	1:40:51
Südergellersen	10.90	58:13	5:20	28	13:33	28	13:33	90.90	8:38:08	5:42	43	1:47:03	44	1:47:03
Sülzwiesen	9.10	46:19	5:05	24	10:12	24	10:12	100.00	9:24:27	5:38	41	1:55:33	42	1:55:33