



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

...läuft!

□□: 301

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:24:08

□□: 10.64 km/h

□□□□: 5:38 min/km

□□□□□: 40 (of 83)

□□□□□□: 7:28:54

□□□□□: 39(of 82)

□□□□□□□: 7:28:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 49:51 | 4:50 | 17 | 9:54 | 17 | 9:54 | 10.30 | 49:51 | 4:50 | 17 | 9:54 | 17 | 9:54 |
| Amelinghausen | 13.80 | 1:24:03 | 6:05 | 67 | 31:18 | 68 | 31:18 | 24.10 | 2:13:54 | 5:33 | 41 | 35:25 | 42 | 35:25 |
| Schwindebeck | 9.40 | 54:58 | 5:50 | 37 | 17:38 | 38 | 17:38 | 33.50 | 3:08:52 | 5:38 | 48 | 44:36 | 49 | 44:36 |
| Bispingen | 8.90 | 58:45 | 6:36 | 65 | 22:23 | 66 | 22:23 | 42.40 | 4:07:37 | 5:50 | 55 | 1:01:49 | 56 | 1:01:49 |
| Overhaverbeck | 10.80 | 1:00:00 | 5:33 | 40 | 15:05 | 40 | 15:05 | 53.20 | 5:07:37 | 5:46 | 49 | 1:16:54 | 50 | 1:16:54 |
| Undeloh | 6.90 | 32:53 | 4:45 | 10 | 4:51 | 10 | 4:51 | 60.10 | 5:40:30 | 5:39 | 42 | 1:16:07 | 43 | 1:16:07 |
| Egestorf | 9.20 | 43:36 | 4:44 | 6 | 5:22 | 6 | 5:22 | 69.30 | 6:24:06 | 5:32 | 32 | 1:11:15 | 33 | 1:11:15 |
| Salzhausen | 10.70 | 58:24 | 5:27 | 35 | 16:48 | 36 | 16:48 | 80.00 | 7:22:30 | 5:31 | 32 | 1:23:26 | 33 | 1:23:26 |
| Südergellersen | 10.90 | 1:00:47 | 5:34 | 38 | 16:07 | 39 | 16:07 | 90.90 | 8:23:17 | 5:32 | 34 | 1:32:12 | 35 | 1:32:12 |
| Sülzwiesen | 9.10 | 1:00:51 | 6:41 | 78 | 24:44 | 79 | 24:44 | 100.00 | 9:24:08 | 5:38 | 39 | 1:55:14 | 40 | 1:55:14 |