



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

MTV Bispingen Lauftreff

□□□: 9:26:00

□□: 356

□□: 10.60 km/h

□□□□: 5:40 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 43 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 42(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:00:56	5:54	60	20:59	61	20:59	10.30	1:00:56	5:54	60	20:59	61	20:59
Amelinghausen	13.80	1:13:27	5:19	36	20:42	37	20:42	24.10	2:14:23	5:34	43	35:54	44	35:54
Schwindebeck	9.40	1:06:39	7:05	69	29:19	70	29:19	33.50	3:21:02	6:00	66	56:46	67	56:46
Bispingen	8.90	1:07:19	7:33	74	30:57	75	30:57	42.40	4:28:21	6:19	72	1:22:33	73	1:22:33
Overhaverbeck	10.80	53:20	4:56	15	8:25	15	8:25	53.20	5:21:41	6:02	65	1:30:58	66	1:30:58
Undeloh	6.90	39:37	5:44	35	11:35	36	11:35	60.10	6:01:18	6:00	61	1:36:55	62	1:36:55
Egestorf	9.20	38:14	4:09	1	-	1	-	69.30	6:39:32	5:45	45	1:26:41	46	1:26:41
Salzhausen	10.70	1:03:39	5:56	55	22:03	56	22:03	80.00	7:43:11	5:47	47	1:44:07	48	1:44:07
Südergellersen	10.90	57:24	5:15	24	12:44	24	12:44	90.90	8:40:35	5:43	45	1:49:30	46	1:49:30
Sülzwiesen	9.10	45:25	4:59	21	9:18	21	9:18	100.00	9:26:00	5:39	42	1:57:06	43	1:57:06