



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Thomasburger SV

□□: 377

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:34:07

□□: 10.45 km/h

□□□□: 5:44 min/km

□□□□□: 45 (of 83)

□□□□□□: 7:28:54

□□□□□: 44(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	49:50	4:50	16	9:53	16	9:53	10.30	49:50	4:50	16	9:53	16	9:53
Amelinghausen	13.80	1:05:02	4:42	13	12:17	14	12:17	24.10	1:54:52	4:45	10	16:23	10	16:23
Schwindebeck	9.40	44:11	4:42	4	6:51	4	6:51	33.50	2:39:03	4:44	5	14:47	5	14:47
Bispingen	8.90	1:12:14	8:06	81	35:52	82	35:52	42.40	3:51:17	5:27	36	45:29	37	45:29
Overhaverbeck	10.80	1:02:47	5:48	52	17:52	53	17:52	53.20	4:54:04	5:31	36	1:03:21	37	1:03:21
Undeloh	6.90	43:23	6:17	49	15:21	50	15:21	60.10	5:37:27	5:36	38	1:13:04	39	1:13:04
Egestorf	9.20	58:25	6:20	59	20:11	59	20:11	69.30	6:35:52	5:42	43	1:23:01	44	1:23:01
Salzhausen	10.70	55:26	5:10	21	13:50	21	13:50	80.00	7:31:18	5:38	40	1:32:14	41	1:32:14
Südergellersen	10.90	1:04:51	5:56	51	20:11	52	20:11	90.90	8:36:09	5:40	42	1:45:04	43	1:45:04
Sülzwiesen	9.10	57:58	6:22	66	21:51	67	21:51	100.00	9:34:07	5:44	44	2:05:13	45	2:05:13