



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Happy Feet

□□: 322

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:37:22

□□: 10.39 km/h

□□□□: 5:46 min/km

□□□□□: 47 (of 83)

□□□□□□: 7:28:54

□□□□□: 46(of 82)

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	59:26	5:46	52	19:29	53	19:29	10.30	59:26	5:46	52	19:29	53	19:29
Amelinghausen	13.80	1:05:50	4:46	16	13:05	17	13:05	24.10	2:05:16	5:11	27	26:47	28	26:47
Schwindebeck	9.40	1:04:14	6:49	61	26:54	62	26:54	33.50	3:09:30	5:39	50	45:14	51	45:14
Bispingen	8.90	53:42	6:02	47	17:20	48	17:20	42.40	4:03:12	5:44	47	57:24	48	57:24
Overhaverbeck	10.80	1:02:48	5:48	53	17:53	54	17:53	53.20	5:06:00	5:45	47	1:15:17	48	1:15:17
Undeloh	6.90	49:41	7:12	67	21:39	68	21:39	60.10	5:55:41	5:55	53	1:31:18	54	1:31:18
Egestorf	9.20	55:55	6:04	52	17:41	52	17:41	69.30	6:51:36	5:56	54	1:38:45	55	1:38:45
Salzhausen	10.70	57:38	5:23	33	16:02	34	16:02	80.00	7:49:14	5:51	51	1:50:10	52	1:50:10
Südergellersen	10.90	55:20	5:04	18	10:40	18	10:40	90.90	8:44:34	5:46	46	1:53:29	47	1:53:29
Sülzwiesen	9.10	52:48	5:48	48	16:41	49	16:41	100.00	9:37:22	5:46	46	2:08:28	47	2:08:28