



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Haufenlaufen ohne Krückenzücken □□□: 9:39:20

□□: 323

□□: 10.36 km/h

□□□□: 5:47 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 48 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 47(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	55:17	5:22	36	15:20	36	15:20	10.30	55:17	5:22	36	15:20	36	15:20
Amelinghausen	13.80	1:20:59	5:52	59	28:14	60	28:14	24.10	2:16:16	5:39	49	37:47	50	37:47
Schwindebeck	9.40	1:04:18	6:50	62	26:58	63	26:58	33.50	3:20:34	5:59	65	56:18	66	56:18
Bispingen	8.90	54:03	6:04	50	17:41	51	17:41	42.40	4:14:37	6:00	63	1:08:49	64	1:08:49
Overhaverbeck	10.80	1:01:16	5:40	45	16:21	45	16:21	53.20	5:15:53	5:56	59	1:25:10	60	1:25:10
Undeloh	6.90	36:03	5:13	19	8:01	19	8:01	60.10	5:51:56	5:51	46	1:27:33	47	1:27:33
Egestorf	9.20	54:59	5:58	50	16:45	50	16:45	69.30	6:46:55	5:52	50	1:34:04	51	1:34:04
Salzhausen	10.70	1:02:34	5:50	52	20:58	53	20:58	80.00	7:49:29	5:52	52	1:50:25	53	1:50:25
Südergellersen	10.90	58:11	5:20	27	13:31	27	13:31	90.90	8:47:40	5:48	47	1:56:35	48	1:56:35
Sülzwiesen	9.10	51:40	5:40	43	15:33	44	15:33	100.00	9:39:20	5:47	47	2:10:26	48	2:10:26