



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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In Oldendorf löpptt

□□: 332

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:43:01

□□: 10.29 km/h

□□□□: 5:50 min/km

□□□□□: 49 (of 83)

□□□□□□: 7:28:54

□□□□□: 48(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:11:18	6:55	80	31:21	81	31:21	10.30	1:11:18	6:55	80	31:21	81	31:21
Amelinghausen	13.80	1:13:38	5:20	37	20:53	38	20:53	24.10	2:24:56	6:00	65	46:27	66	46:27
Schwindebeck	9.40	53:13	5:39	30	15:53	31	15:53	33.50	3:18:09	5:54	62	53:53	63	53:53
Bispingen	8.90	55:01	6:10	54	18:39	55	18:39	42.40	4:13:10	5:58	62	1:07:22	63	1:07:22
Overhaverbeck	10.80	58:39	5:25	32	13:44	32	13:44	53.20	5:11:49	5:51	55	1:21:06	56	1:21:06
Undeloh	6.90	41:06	5:57	43	13:04	44	13:04	60.10	5:52:55	5:52	48	1:28:32	49	1:28:32
Egestorf	9.20	49:26	5:22	25	11:12	25	11:12	69.30	6:42:21	5:48	47	1:29:30	48	1:29:30
Salzhausen	10.70	1:04:52	6:03	59	23:16	60	23:16	80.00	7:47:13	5:50	49	1:48:09	50	1:48:09
Südergellersen	10.90	1:07:23	6:10	56	22:43	57	22:43	90.90	8:54:36	5:52	50	2:03:31	51	2:03:31
Sülzwiesen	9.10	48:25	5:19	36	12:18	36	12:18	100.00	9:43:01	5:49	48	2:14:07	49	2:14:07