



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Tri-Michels

□□□: 8:13:41

□□: 378

□□: 12.15 km/h

□□□□: 4:56 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 5 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 5(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 45:22 | 4:24 | 8 | 5:25 | 8 | 5:25 | 10.30 | 45:22 | 4:24 | 8 | 5:25 | 8 | 5:25 |
| Amelinghausen | 13.80 | 1:07:43 | 4:54 | 19 | 14:58 | 20 | 14:58 | 24.10 | 1:53:05 | 4:41 | 8 | 14:36 | 8 | 14:36 |
| Schwindebeck | 9.40 | 52:23 | 5:34 | 26 | 15:03 | 27 | 15:03 | 33.50 | 2:45:28 | 4:56 | 10 | 21:12 | 10 | 21:12 |
| Bispingen | 8.90 | 43:01 | 4:49 | 10 | 6:39 | 10 | 6:39 | 42.40 | 3:28:29 | 4:55 | 6 | 22:41 | 6 | 22:41 |
| Overhaverbeck | 10.80 | 50:56 | 4:42 | 9 | 6:01 | 9 | 6:01 | 53.20 | 4:19:25 | 4:52 | 5 | 28:42 | 5 | 28:42 |
| Undeloh | 6.90 | 36:30 | 5:17 | 20 | 8:28 | 20 | 8:28 | 60.10 | 4:55:55 | 4:55 | 7 | 31:32 | 7 | 31:32 |
| Egestorf | 9.20 | 46:47 | 5:05 | 12 | 8:33 | 12 | 8:33 | 69.30 | 5:42:42 | 4:56 | 5 | 29:51 | 5 | 29:51 |
| Salzhausen | 10.70 | 46:16 | 4:19 | 4 | 4:40 | 4 | 4:40 | 80.00 | 6:28:58 | 4:51 | 5 | 29:54 | 5 | 29:54 |
| Südergellersen | 10.90 | 1:00:47 | 5:34 | 38 | 16:07 | 39 | 16:07 | 90.90 | 7:29:45 | 4:56 | 5 | 38:40 | 5 | 38:40 |
| Sülzwiesen | 9.10 | 43:56 | 4:49 | 13 | 7:49 | 13 | 7:49 | 100.00 | 8:13:41 | 4:56 | 5 | 44:47 | 5 | 44:47 |