



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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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