



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Lausitzer Heideläufer 2

□□□: 9:43:58

□□: 346

□□: 10.27 km/h

□□□□: 5:50 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 50 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 49(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 1:01:08 | 5:56 | 61 | 21:11 | 62 | 21:11 | 10.30 | 1:01:08 | 5:56 | 61 | 21:11 | 62 | 21:11 |
| Amelinghausen | 13.80 | 1:00:33 | 4:23 | 5 | 7:48 | 5 | 7:48 | 24.10 | 2:01:41 | 5:02 | 19 | 23:12 | 20 | 23:12 |
| Schwindebeck | 9.40 | 45:26 | 4:49 | 5 | 8:06 | 5 | 8:06 | 33.50 | 2:47:07 | 4:59 | 16 | 22:51 | 16 | 22:51 |
| Bispingen | 8.90 | 1:07:39 | 7:36 | 75 | 31:17 | 76 | 31:17 | 42.40 | 3:54:46 | 5:32 | 39 | 48:58 | 40 | 48:58 |
| Overhaverbeck | 10.80 | 1:04:04 | 5:55 | 57 | 19:09 | 58 | 19:09 | 53.20 | 4:58:50 | 5:37 | 43 | 1:08:07 | 44 | 1:08:07 |
| Undeloh | 6.90 | 52:41 | 7:38 | 73 | 24:39 | 74 | 24:39 | 60.10 | 5:51:31 | 5:50 | 45 | 1:27:08 | 46 | 1:27:08 |
| Egestorf | 9.20 | 59:28 | 6:27 | 64 | 21:14 | 64 | 21:14 | 69.30 | 6:50:59 | 5:55 | 53 | 1:38:08 | 54 | 1:38:08 |
| Salzhausen | 10.70 | 1:04:34 | 6:02 | 58 | 22:58 | 59 | 22:58 | 80.00 | 7:55:33 | 5:56 | 57 | 1:56:29 | 58 | 1:56:29 |
| Südergellersen | 10.90 | 1:04:41 | 5:56 | 50 | 20:01 | 51 | 20:01 | 90.90 | 9:00:14 | 5:56 | 55 | 2:09:09 | 56 | 2:09:09 |
| Sülzwiesen | 9.10 | 43:44 | 4:48 | 12 | 7:37 | 12 | 7:37 | 100.00 | 9:43:58 | 5:50 | 49 | 2:15:04 | 50 | 2:15:04 |