



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Stolpertruppe Winsen

□□□: 9:46:42

□□: 370

□□: 10.23 km/h

□□□□: 5:52 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 51 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 50(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:02:22	6:03	64	22:25	65	22:25	10.30	1:02:22	6:03	64	22:25	65	22:25
Amelinghausen	13.80	1:12:45	5:16	33	20:00	34	20:00	24.10	2:15:07	5:36	46	36:38	47	36:38
Schwindebeck	9.40	58:49	6:15	52	21:29	53	21:29	33.50	3:13:56	5:47	53	49:40	54	49:40
Bispingen	8.90	48:26	5:26	25	12:04	26	12:04	42.40	4:02:22	5:42	45	56:34	46	56:34
Overhaverbeck	10.80	1:12:29	6:42	76	27:34	77	27:34	53.20	5:14:51	5:55	57	1:24:08	58	1:24:08
Undeloh	6.90	45:25	6:34	56	17:23	57	17:23	60.10	6:00:16	5:59	59	1:35:53	60	1:35:53
Egestorf	9.20	52:57	5:45	44	14:43	44	14:43	69.30	6:53:13	5:57	56	1:40:22	57	1:40:22
Salzhausen	10.70	59:16	5:32	39	17:40	40	17:40	80.00	7:52:29	5:54	55	1:53:25	56	1:53:25
Südergellersen	10.90	1:09:03	6:20	62	24:23	63	24:23	90.90	9:01:32	5:57	56	2:10:27	57	2:10:27
Sülzwiesen	9.10	45:10	4:57	17	9:03	17	9:03	100.00	9:46:42	5:52	50	2:17:48	51	2:17:48