



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 |