



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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HeidSchnecken

□□: 327

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:50:11

□□: 10.17 km/h

□□□□: 5:54 min/km

□□□□□: 53 (of 83)

□□□□□□: 7:28:54

□□□□□: 52(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	52:13	5:04	25	12:16	25	12:16	10.30	52:13	5:04	25	12:16	25	12:16
Amelinghausen	13.80	1:18:44	5:42	53	25:59	54	25:59	24.10	2:10:57	5:26	35	32:28	36	32:28
Schwindebeck	9.40	56:12	5:58	40	18:52	41	18:52	33.50	3:07:09	5:35	42	42:53	43	42:53
Bispingen	8.90	58:28	6:34	64	22:06	65	22:06	42.40	4:05:37	5:47	51	59:49	52	59:49
Overhaverbeck	10.80	1:06:03	6:06	65	21:08	66	21:08	53.20	5:11:40	5:51	54	1:20:57	55	1:20:57
Undeloh	6.90	41:36	6:01	45	13:34	46	13:34	60.10	5:53:16	5:52	49	1:28:53	50	1:28:53
Egestorf	9.20	1:00:23	6:33	71	22:09	71	22:09	69.30	6:53:39	5:58	58	1:40:48	59	1:40:48
Salzhausen	10.70	59:30	5:33	40	17:54	41	17:54	80.00	7:53:09	5:54	56	1:54:05	57	1:54:05
Südergellersen	10.90	59:16	5:26	34	14:36	35	14:36	90.90	8:52:25	5:51	49	2:01:20	50	2:01:20
Sülzwiesen	9.10	57:46	6:20	65	21:39	66	21:39	100.00	9:50:11	5:54	52	2:21:17	53	2:21:17