



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

sport.Tri.lich HAPPY

□□: 365

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:50:30

□□: 10.16 km/h

□□□□: 5:54 min/km

□□□□□: 54 (of 83)

□□□□□□: 7:28:54

□□□□□: 53(of 82)

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 42:49 | 4:09 | 2 | 2:52 | 2 | 2:52 | 10.30 | 42:49 | 4:09 | 2 | 2:52 | 2 | 2:52 |
| Amelinghausen | 13.80 | 1:19:49 | 5:47 | 56 | 27:04 | 57 | 27:04 | 24.10 | 2:02:38 | 5:05 | 20 | 24:09 | 21 | 24:09 |
| Schwindebeck | 9.40 | 1:11:43 | 7:37 | 72 | 34:23 | 73 | 34:23 | 33.50 | 3:14:21 | 5:48 | 55 | 50:05 | 56 | 50:05 |
| Bispingen | 8.90 | 52:18 | 5:52 | 42 | 15:56 | 43 | 15:56 | 42.40 | 4:06:39 | 5:49 | 52 | 1:00:51 | 53 | 1:00:51 |
| Overhaverbeck | 10.80 | 47:15 | 4:22 | 2 | 2:20 | 2 | 2:20 | 53.20 | 4:53:54 | 5:31 | 35 | 1:03:11 | 36 | 1:03:11 |
| Undeloh | 6.90 | 58:34 | 8:29 | 80 | 30:32 | 81 | 30:32 | 60.10 | 5:52:28 | 5:51 | 47 | 1:28:05 | 48 | 1:28:05 |
| Egestorf | 9.20 | 51:46 | 5:37 | 37 | 13:32 | 37 | 13:32 | 69.30 | 6:44:14 | 5:49 | 48 | 1:31:23 | 49 | 1:31:23 |
| Salzhausen | 10.70 | 54:53 | 5:07 | 19 | 13:17 | 19 | 13:17 | 80.00 | 7:39:07 | 5:44 | 43 | 1:40:03 | 44 | 1:40:03 |
| Südergellersen | 10.90 | 1:11:44 | 6:34 | 69 | 27:04 | 70 | 27:04 | 90.90 | 8:50:51 | 5:50 | 48 | 1:59:46 | 49 | 1:59:46 |
| Sülzwiesen | 9.10 | 59:39 | 6:33 | 71 | 23:32 | 72 | 23:32 | 100.00 | 9:50:30 | 5:54 | 53 | 2:21:36 | 54 | 2:21:36 |