



# 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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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

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□□□	□□ 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