



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Team Naturpark

□□□: 9:52:13

□□: 373

□□: 10.13 km/h

□□□□: 5:55 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 55 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 54(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	59:23	5:45	49	19:26	50	19:26	10.30	59:23	5:45	49	19:26	50	19:26
Amelinghausen	13.80	1:25:09	6:10	69	32:24	70	32:24	24.10	2:24:32	5:59	64	46:03	65	46:03
Schwindebeck	9.40	1:03:45	6:46	60	26:25	61	26:25	33.50	3:28:17	6:13	75	1:04:01	76	1:04:01
Bispingen	8.90	36:22	4:05	1	-	1	-	42.40	4:04:39	5:46	48	58:51	49	58:51
Overhaverbeck	10.80	53:53	4:59	19	8:58	19	8:58	53.20	4:58:32	5:36	42	1:07:49	43	1:07:49
Undeloh	6.90	40:33	5:52	39	12:31	40	12:31	60.10	5:39:05	5:38	40	1:14:42	41	1:14:42
Egestorf	9.20	52:22	5:41	40	14:08	40	14:08	69.30	6:31:27	5:38	41	1:18:36	42	1:18:36
Salzhausen	10.70	1:12:49	6:48	79	31:13	80	31:13	80.00	7:44:16	5:48	48	1:45:12	49	1:45:12
Südergellersen	10.90	1:23:58	7:42	80	39:18	81	39:18	90.90	9:08:14	6:01	59	2:17:09	60	2:17:09
Sülzwiesen	9.10	43:59	4:50	14	7:52	14	7:52	100.00	9:52:13	5:55	54	2:23:19	55	2:23:19