



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Lausitzer Heideläufer 1

□□: 345

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:55:23

□□: 10.08 km/h

□□□□: 5:57 min/km

□□□□□: 57 (of 83)

□□□□□□: 7:28:54

□□□□□: 56(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:03:43	6:11	70	23:46	71	23:46	10.30	1:03:43	6:11	70	23:46	71	23:46
Amelinghausen	13.80	1:18:34	5:41	52	25:49	53	25:49	24.10	2:22:17	5:54	58	43:48	59	43:48
Schwindebeck	9.40	45:46	4:52	7	8:26	7	8:26	33.50	3:08:03	5:36	45	43:47	46	43:47
Bispingen	8.90	59:54	6:43	66	23:32	67	23:32	42.40	4:07:57	5:50	56	1:02:09	57	1:02:09
Overhaverbeck	10.80	1:01:50	5:43	48	16:55	48	16:55	53.20	5:09:47	5:49	51	1:19:04	52	1:19:04
Undeloh	6.90	55:08	7:59	78	27:06	79	27:06	60.10	6:04:55	6:04	63	1:40:32	64	1:40:32
Egestorf	9.20	59:32	6:28	65	21:18	65	21:18	69.30	7:04:27	6:07	64	1:51:36	65	1:51:36
Salzhausen	10.70	1:12:27	6:46	78	30:51	79	30:51	80.00	8:16:54	6:12	69	2:17:50	70	2:17:50
Südergellersen	10.90	57:13	5:14	23	12:33	23	12:33	90.90	9:14:07	6:05	64	2:23:02	65	2:23:02
Sülzwiesen	9.10	41:16	4:32	8	5:09	8	5:09	100.00	9:55:23	5:57	56	2:26:29	57	2:26:29