



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Heidegeister

□□: 325

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:57:03

□□: 10.05 km/h

□□□□: 5:58 min/km

□□□□□: 58 (of 83)

□□□□□□: 7:28:54

□□□□□: 57(of 82)

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:04:56	6:18	71	24:59	72	24:59	10.30	1:04:56	6:18	71	24:59	72	24:59
Amelinghausen	13.80	1:18:57	5:43	54	26:12	55	26:12	24.10	2:23:53	5:58	63	45:24	64	45:24
Schwindebeck	9.40	50:18	5:21	20	12:58	21	12:58	33.50	3:14:11	5:47	54	49:55	55	49:55
Bispingen	8.90	1:01:02	6:51	68	24:40	69	24:40	42.40	4:15:13	6:01	64	1:09:25	65	1:09:25
Overhaverbeck	10.80	1:05:35	6:04	61	20:40	62	20:40	53.20	5:20:48	6:01	63	1:30:05	64	1:30:05
Undeloh	6.90	36:32	5:17	21	8:30	21	8:30	60.10	5:57:20	5:56	54	1:32:57	55	1:32:57
Egestorf	9.20	55:43	6:03	51	17:29	51	17:29	69.30	6:53:03	5:57	55	1:40:12	56	1:40:12
Salzhausen	10.70	1:07:04	6:16	64	25:28	65	25:28	80.00	8:00:07	6:00	59	2:01:03	60	2:01:03
Südergellersen	10.90	1:10:20	6:27	64	25:40	65	25:40	90.90	9:10:27	6:03	61	2:19:22	62	2:19:22
Sülzwiesen	9.10	46:36	5:07	25	10:29	25	10:29	100.00	9:57:03	5:58	57	2:28:09	58	2:28:09