



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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BBR-Team

□□: 304

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:57:58

□□: 10.03 km/h

□□□□: 5:59 min/km

□□□□□: 60 (of 83)

□□□□□□: 7:28:54

□□□□□: 59(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:10:03	6:48	78	30:06	79	30:06	10.30	1:10:03	6:48	78	30:06	79	30:06
Amelinghausen	13.80	1:11:18	5:09	29	18:33	30	18:33	24.10	2:21:21	5:51	55	42:52	56	42:52
Schwindebeck	9.40	56:15	5:59	41	18:55	42	18:55	33.50	3:17:36	5:53	61	53:20	62	53:20
Bispingen	8.90	55:05	6:11	55	18:43	56	18:43	42.40	4:12:41	5:57	61	1:06:53	62	1:06:53
Overhaverbeck	10.80	58:30	5:24	30	13:35	30	13:35	53.20	5:11:11	5:50	53	1:20:28	54	1:20:28
Undeloh	6.90	49:22	7:09	65	21:20	66	21:20	60.10	6:00:33	5:59	60	1:36:10	61	1:36:10
Egestorf	9.20	58:51	6:23	62	20:37	62	20:37	69.30	6:59:24	6:03	62	1:46:33	63	1:46:33
Salzhausen	10.70	1:10:06	6:33	72	28:30	73	28:30	80.00	8:09:30	6:07	63	2:10:26	64	2:10:26
Südergellersen	10.90	48:33	4:27	5	3:53	5	3:53	90.90	8:58:03	5:55	52	2:06:58	53	2:06:58
Sülzwiesen	9.10	59:55	6:35	72	23:48	73	23:48	100.00	9:57:58	5:58	59	2:29:04	60	2:29:04