



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Sparkasse Lüneburg Team Sprinter □□□: 8:17:13

□□: 364

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□: 12.07 km/h

□□□□: 4:58 min/km

□□□□□: 6 (of 83)

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□□□□□: 6(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	49:18	4:47	13	9:21	13	9:21	10.30	49:18	4:47	13	9:21	13	9:21
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	1:59:57	12:45	77	1:22:37	78	1:22:37	33.50	2:49:15	5:03	20	24:59	21	24:59
Bispingen	8.90	39:29	4:26	2	3:07	2	3:07	42.40	3:28:44	4:55	8	22:56	8	22:56
Overhaverbeck	10.80	56:06	5:11	23	11:11	23	11:11	53.20	4:24:50	4:58	9	34:07	9	34:07
Undeloh	6.90	32:02	4:38	8	4:00	8	4:00	60.10	4:56:52	4:56	8	32:29	8	32:29
Egestorf	9.20	52:50	5:44	42	14:36	42	14:36	69.30	5:49:42	5:02	7	36:51	7	36:51
Salzhausen	10.70	50:56	4:45	13	9:20	13	9:20	80.00	6:40:38	5:00	6	41:34	6	41:34
Südergellersen	10.90	55:55	5:07	20	11:15	20	11:15	90.90	7:36:33	5:01	6	45:28	6	45:28
Sülzwiesen	9.10	40:40	4:28	7	4:33	7	4:33	100.00	8:17:13	4:58	6	48:19	6	48:19