



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Die Zappis

□□: 317

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:57:30

□□: 10.04 km/h

□□□□: 5:59 min/km

□□□□□: 59 (of 83)

□□□□□□: 7:28:54

□□□□□: 58(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	53:58	5:14	32	14:01	32	14:01	10.30	53:58	5:14	32	14:01	32	14:01
Amelinghausen	13.80	1:10:46	5:07	28	18:01	29	18:01	24.10	2:04:44	5:10	26	26:15	27	26:15
Schwindebeck	9.40	1:11:31	7:36	70	34:11	71	34:11	33.50	3:16:15	5:51	59	51:59	60	51:59
Bispingen	8.90	53:50	6:02	49	17:28	50	17:28	42.40	4:10:05	5:53	59	1:04:17	60	1:04:17
Overhaverbeck	10.80	1:00:48	5:37	44	15:53	44	15:53	53.20	5:10:53	5:50	52	1:20:10	53	1:20:10
Undeloh	6.90	52:51	7:39	74	24:49	75	24:49	60.10	6:03:44	6:03	62	1:39:21	63	1:39:21
Egestorf	9.20	49:38	5:23	26	11:24	26	11:24	69.30	6:53:22	5:57	57	1:40:31	58	1:40:31
Salzhausen	10.70	48:31	4:32	7	6:55	7	6:55	80.00	7:41:53	5:46	46	1:42:49	47	1:42:49
Südergellersen	10.90	1:18:03	7:09	76	33:23	77	33:23	90.90	8:59:56	5:56	53	2:08:51	54	2:08:51
Sülzwiesen	9.10	57:34	6:19	64	21:27	65	21:27	100.00	9:57:30	5:58	58	2:28:36	59	2:28:36