



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Familienclan Koch

□□□: 9:59:34

□□: 319

□□: 10.01 km/h

□□□□: 6:00 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 61 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 60(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:07:37	6:33	76	27:40	77	27:40	10.30	1:07:37	6:33	76	27:40	77	27:40
Amelinghausen	13.80	1:07:07	4:51	17	14:22	18	14:22	24.10	2:14:44	5:35	44	36:15	45	36:15
Schwindebeck	9.40	54:34	5:48	34	17:14	35	17:14	33.50	3:09:18	5:39	49	45:02	50	45:02
Bispingen	8.90	40:20	4:31	4	3:58	4	3:58	42.40	3:49:38	5:24	31	43:50	32	43:50
Overhaverbeck	10.80	1:01:24	5:41	46	16:29	46	16:29	53.20	4:51:02	5:28	32	1:00:19	33	1:00:19
Undeloh	6.90	42:15	6:07	47	14:13	48	14:13	60.10	5:33:17	5:32	32	1:08:54	33	1:08:54
Egestorf	9.20	50:15	5:27	29	12:01	29	12:01	69.30	6:23:32	5:32	31	1:10:41	32	1:10:41
Salzhausen	10.70	1:27:58	8:13	82	46:22	83	46:22	80.00	7:51:30	5:53	53	1:52:26	54	1:52:26
Südergellersen	10.90	1:08:28	6:16	60	23:48	61	23:48	90.90	8:59:58	5:56	54	2:08:53	55	2:08:53
Sülzwiesen	9.10	59:36	6:32	70	23:29	71	23:29	100.00	9:59:34	5:59	60	2:30:40	61	2:30:40