



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Goldesel

□□: 321

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 10:01:10

□□: 9.98 km/h

□□□□: 6:01 min/km

□□□□□: 63 (of 83)

□□□□□□: 7:28:54

□□□□□: 62 (of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	54:17	5:16	33	14:20	33	14:20	10.30	54:17	5:16	33	14:20	33	14:20
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-
Schwindebeck	9.40	2:15:16	14:23	80	1:37:56	81	1:37:56	33.50	3:09:33	5:39	51	45:17	52	45:17
Bispingen	8.90	50:02	5:37	36	13:40	37	13:40	42.40	3:59:35	5:39	43	53:47	44	53:47
Overhaverbeck	10.80	1:26:58	8:03	81	42:03	82	42:03	53.20	5:26:33	6:08	67	1:35:50	68	1:35:50
Undeloh	6.90	47:24	6:52	60	19:22	61	19:22	60.10	6:13:57	6:13	70	1:49:34	71	1:49:34
Egestorf	9.20	51:14	5:34	32	13:00	32	13:00	69.30	7:05:11	6:08	65	1:52:20	66	1:52:20
Salzhausen	10.70	1:02:58	5:53	53	21:22	54	21:22	80.00	8:08:09	6:06	61	2:09:05	62	2:09:05
Südergellersen	10.90	1:02:36	5:44	46	17:56	47	17:56	90.90	9:10:45	6:03	62	2:19:40	63	2:19:40
Sülzwiesen	9.10	50:25	5:32	41	14:18	41	14:18	100.00	10:01:10	6:00	62	2:32:16	63	2:32:16