



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Luhe-Löwen

□□: 334

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 10:14:24

□□: 9.77 km/h

□□□□: 6:08 min/km

□□□□□: 66 (of 83)

□□□□□□: 7:28:54

□□□□□: 65(of 82)

□□□□□□□: 7:28:54

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 1:15:06 | 7:17 | 82 | 35:09 | 83 | 35:09 | 10.30 | 1:15:06 | 7:17 | 82 | 35:09 | 83 | 35:09 |
| Amelinghausen | 13.80 | 1:15:35 | 5:28 | 46 | 22:50 | 47 | 22:50 | 24.10 | 2:30:41 | 6:15 | 68 | 52:12 | 69 | 52:12 |
| Schwindebeck | 9.40 | 49:11 | 5:13 | 17 | 11:51 | 18 | 11:51 | 33.50 | 3:19:52 | 5:57 | 64 | 55:36 | 65 | 55:36 |
| Bispingen | 8.90 | 48:32 | 5:27 | 27 | 12:10 | 28 | 12:10 | 42.40 | 4:08:24 | 5:51 | 57 | 1:02:36 | 58 | 1:02:36 |
| Overhaverbeck | 10.80 | 1:23:50 | 7:45 | 80 | 38:55 | 81 | 38:55 | 53.20 | 5:32:14 | 6:14 | 74 | 1:41:31 | 75 | 1:41:31 |
| Undeloh | 6.90 | 40:53 | 5:55 | 41 | 12:51 | 42 | 12:51 | 60.10 | 6:13:07 | 6:12 | 69 | 1:48:44 | 70 | 1:48:44 |
| Egestorf | 9.20 | 1:00:16 | 6:33 | 70 | 22:02 | 70 | 22:02 | 69.30 | 7:13:23 | 6:15 | 70 | 2:00:32 | 71 | 2:00:32 |
| Salzhausen | 10.70 | 1:00:48 | 5:40 | 46 | 19:12 | 47 | 19:12 | 80.00 | 8:14:11 | 6:10 | 68 | 2:15:07 | 69 | 2:15:07 |
| Südergellersen | 10.90 | 1:06:31 | 6:06 | 54 | 21:51 | 55 | 21:51 | 90.90 | 9:20:42 | 6:10 | 70 | 2:29:37 | 71 | 2:29:37 |
| Sülzwiesen | 9.10 | 53:42 | 5:54 | 50 | 17:35 | 51 | 17:35 | 100.00 | 10:14:24 | 6:08 | 65 | 2:45:30 | 66 | 2:45:30 |