



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Lauftreff MTV Bispingen 1

□□: 342

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 10:14:47

□□: 9.76 km/h

□□□□: 6:09 min/km

□□□□□: 67 (of 83)

□□□□□□: 7:28:54

□□□□□: 66(of 82)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:02:37	6:04	65	22:40	66	22:40	10.30	1:02:37	6:04	65	22:40	66	22:40
Amelinghausen	13.80	1:20:12	5:48	57	27:27	58	27:27	24.10	2:22:49	5:55	59	44:20	60	44:20
Schwindebeck	9.40	52:41	5:36	29	15:21	30	15:21	33.50	3:15:30	5:50	56	51:14	57	51:14
Bispingen	8.90	49:55	5:36	35	13:33	36	13:33	42.40	4:05:25	5:47	50	59:37	51	59:37
Overhaverbeck	10.80	1:03:52	5:54	56	18:57	57	18:57	53.20	5:09:17	5:48	50	1:18:34	51	1:18:34
Undeloh	6.90	48:08	6:58	62	20:06	63	20:06	60.10	5:57:25	5:56	55	1:33:02	56	1:33:02
Egestorf	9.20	1:08:36	7:27	78	30:22	79	30:22	69.30	7:06:01	6:08	66	1:53:10	67	1:53:10
Salzhausen	10.70	1:11:32	6:41	76	29:56	77	29:56	80.00	8:17:33	6:13	70	2:18:29	71	2:18:29
Südergellersen	10.90	58:26	5:21	31	13:46	32	13:46	90.90	9:15:59	6:06	66	2:24:54	67	2:24:54
Sülzwiesen	9.10	58:48	6:27	67	22:41	68	22:41	100.00	10:14:47	6:08	66	2:45:53	67	2:45:53