



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Sparkasse Lüneburg

□□□: 10:17:27

□□: 363

□□: 9.72 km/h

□□□□: 6:10 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 72 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 71(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30    | 1:00:43  | 5:53         | 59      | 20:46   | 60        | 20:46     | 10.30  | 1:00:43  | 5:53 | 59      | 20:46   | 60        | 20:46     |
| Amelinghausen  | 13.80    | 1:22:48  | 5:59         | 64      | 30:03   | 65        | 30:03     | 24.10  | 2:23:31  | 5:57 | 62      | 45:02   | 63        | 45:02     |
| Schwindebeck   | 9.40     | 1:01:16  | 6:31         | 56      | 23:56   | 57        | 23:56     | 33.50  | 3:24:47  | 6:06 | 70      | 1:00:31 | 71        | 1:00:31   |
| Bispingen      | 8.90     | 55:20    | 6:13         | 56      | 18:58   | 57        | 18:58     | 42.40  | 4:20:07  | 6:08 | 66      | 1:14:19 | 67        | 1:14:19   |
| Overhaverbeck  | 10.80    | 1:04:37  | 5:58         | 58      | 19:42   | 59        | 19:42     | 53.20  | 5:24:44  | 6:06 | 66      | 1:34:01 | 67        | 1:34:01   |
| Undeloh        | 6.90     | 40:32    | 5:52         | 38      | 12:30   | 39        | 12:30     | 60.10  | 6:05:16  | 6:04 | 64      | 1:40:53 | 65        | 1:40:53   |
| Egestorf       | 9.20     | 53:57    | 5:51         | 46      | 15:43   | 46        | 15:43     | 69.30  | 6:59:13  | 6:02 | 61      | 1:46:22 | 62        | 1:46:22   |
| Salzhausen     | 10.70    | 1:13:44  | 6:53         | 80      | 32:08   | 81        | 32:08     | 80.00  | 8:12:57  | 6:09 | 66      | 2:13:53 | 67        | 2:13:53   |
| Südergellersen | 10.90    | 1:11:34  | 6:33         | 68      | 26:54   | 69        | 26:54     | 90.90  | 9:24:31  | 6:12 | 72      | 2:33:26 | 73        | 2:33:26   |
| Sülzwiesen     | 9.10     | 52:56    | 5:49         | 49      | 16:49   | 50        | 16:49     | 100.00 | 10:17:27 | 6:10 | 71      | 2:48:33 | 72        | 2:48:33   |