



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Schieringer Hasen

□□□: 10:14:55

□□: 362

□□: 9.76 km/h

□□□□: 6:09 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 68 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 67(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	59:53	5:48	54	19:56	55	19:56	10.30	59:53	5:48	54	19:56	55	19:56
Amelinghausen	13.80	1:17:55	5:38	49	25:10	50	25:10	24.10	2:17:48	5:43	51	39:19	52	39:19
Schwindebeck	9.40	1:05:00	6:54	64	27:40	65	27:40	33.50	3:22:48	6:03	67	58:32	68	58:32
Bispingen	8.90	44:30	5:00	18	8:08	18	8:08	42.40	4:07:18	5:49	54	1:01:30	55	1:01:30
Overhaverbeck	10.80	59:11	5:28	36	14:16	36	14:16	53.20	5:06:29	5:45	48	1:15:46	49	1:15:46
Undeloh	6.90	51:25	7:27	72	23:23	73	23:23	60.10	5:57:54	5:57	57	1:33:31	58	1:33:31
Egestorf	9.20	49:09	5:20	23	10:55	23	10:55	69.30	6:47:03	5:52	51	1:34:12	52	1:34:12
Salzhausen	10.70	1:04:55	6:04	60	23:19	61	23:19	80.00	7:51:58	5:53	54	1:52:54	55	1:52:54
Südergellersen	10.90	1:12:25	6:38	70	27:45	71	27:45	90.90	9:04:23	5:59	58	2:13:18	59	2:13:18
Sülzwiesen	9.10	1:10:32	7:45	82	34:25	83	34:25	100.00	10:14:55	6:08	67	2:46:01	68	2:46:01