



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Die Umlaufmappen

□□: 316

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 10:26:41

□□: 9.57 km/h

□□□□: 6:16 min/km

□□□□□: 73 (of 83)

□□□□□□: 7:28:54

□□□□□: 72(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	59:24	5:46	50	19:27	51	19:27	10.30	59:24	5:46	50	19:27	51	19:27
Amelinghausen	13.80	1:19:07	5:43	55	26:22	56	26:22	24.10	2:18:31	5:44	52	40:02	53	40:02
Schwindebeck	9.40	1:06:18	7:03	68	28:58	69	28:58	33.50	3:24:49	6:06	71	1:00:33	72	1:00:33
Bispingen	8.90	1:09:43	7:49	77	33:21	78	33:21	42.40	4:34:32	6:28	77	1:28:44	78	1:28:44
Overhaverbeck	10.80	54:48	5:04	20	9:53	20	9:53	53.20	5:29:20	6:11	69	1:38:37	70	1:38:37
Undeloh	6.90	46:46	6:46	58	18:44	59	18:44	60.10	6:16:06	6:15	72	1:51:43	73	1:51:43
Egestorf	9.20	52:10	5:40	38	13:56	38	13:56	69.30	7:08:16	6:10	67	1:55:25	68	1:55:25
Salzhausen	10.70	1:02:26	5:50	50	20:50	51	20:50	80.00	8:10:42	6:08	64	2:11:38	65	2:11:38
Südergellersen	10.90	1:13:38	6:45	71	28:58	72	28:58	90.90	9:24:20	6:12	71	2:33:15	72	2:33:15
Sülzwiesen	9.10	1:02:21	6:51	80	26:14	81	26:14	100.00	10:26:41	6:16	72	2:57:47	73	2:57:47