



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

currimus e. V.

□□: 310

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 10:34:39

□□: 9.45 km/h

□□□□: 6:21 min/km

□□□□□: 74 (of 83)

□□□□□□: 7:28:54

□□□□□: 73(of 82)

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30    | 56:20    | 5:28         | 38      | 16:23   | 38        | 16:23     | 10.30  | 56:20    | 5:28 | 38      | 16:23   | 38        | 16:23     |
| Amelinghausen  | 13.80    | 1:26:40  | 6:16         | 70      | 33:55   | 71        | 33:55     | 24.10  | 2:23:00  | 5:56 | 60      | 44:31   | 61        | 44:31     |
| Schwindebeck   | 9.40     | 1:11:37  | 7:37         | 71      | 34:17   | 72        | 34:17     | 33.50  | 3:34:37  | 6:24 | 79      | 1:10:21 | 80        | 1:10:21   |
| Bispingen      | 8.90     | 1:11:42  | 8:03         | 79      | 35:20   | 80        | 35:20     | 42.40  | 4:46:19  | 6:45 | 82      | 1:40:31 | 83        | 1:40:31   |
| Overhaverbeck  | 10.80    | 1:00:02  | 5:33         | 41      | 15:07   | 41        | 15:07     | 53.20  | 5:46:21  | 6:30 | 80      | 1:55:38 | 81        | 1:55:38   |
| Undeloh        | 6.90     | 49:45    | 7:12         | 68      | 21:43   | 69        | 21:43     | 60.10  | 6:36:06  | 6:35 | 79      | 2:11:43 | 80        | 2:11:43   |
| Egestorf       | 9.20     | 55:59    | 6:05         | 53      | 17:45   | 53        | 17:45     | 69.30  | 7:32:05  | 6:31 | 77      | 2:19:14 | 78        | 2:19:14   |
| Salzhausen     | 10.70    | 1:08:11  | 6:22         | 67      | 26:35   | 68        | 26:35     | 80.00  | 8:40:16  | 6:30 | 77      | 2:41:12 | 78        | 2:41:12   |
| Südergellersen | 10.90    | 1:07:25  | 6:11         | 57      | 22:45   | 58        | 22:45     | 90.90  | 9:47:41  | 6:27 | 75      | 2:56:36 | 76        | 2:56:36   |
| Sülzwiesen     | 9.10     | 46:58    | 5:09         | 26      | 10:51   | 26        | 10:51     | 100.00 | 10:34:39 | 6:20 | 73      | 3:05:45 | 74        | 3:05:45   |