



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Die Family

□□: 313

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 10:34:46

□□: 9.45 km/h

□□□□: 6:21 min/km

□□□□□: 75 (of 83)

□□□□□□: 7:28:54

□□□□□: 74(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	58:46	5:42	47	18:49	48	18:49	10.30	58:46	5:42	47	18:49	48	18:49
Amelinghausen	13.80	1:14:25	5:23	41	21:40	42	21:40	24.10	2:13:11	5:31	39	34:42	40	34:42
Schwindebeck	9.40	54:45	5:49	35	17:25	36	17:25	33.50	3:07:56	5:36	44	43:40	45	43:40
Bispingen	8.90	1:15:58	8:32	82	39:36	83	39:36	42.40	4:23:54	6:13	69	1:18:06	70	1:18:06
Overhaverbeck	10.80	55:14	5:06	21	10:19	21	10:19	53.20	5:19:08	5:59	61	1:28:25	62	1:28:25
Undeloh	6.90	59:42	8:39	81	31:40	82	31:40	60.10	6:18:50	6:18	73	1:54:27	74	1:54:27
Egestorf	9.20	1:00:29	6:34	73	22:15	74	22:15	69.30	7:19:19	6:20	73	2:06:28	74	2:06:28
Salzhausen	10.70	1:04:20	6:00	57	22:44	58	22:44	80.00	8:23:39	6:17	72	2:24:35	73	2:24:35
Südergellersen	10.90	1:13:50	6:46	73	29:10	74	29:10	90.90	9:37:29	6:21	73	2:46:24	74	2:46:24
Sülzwiesen	9.10	57:17	6:17	61	21:10	62	21:10	100.00	10:34:46	6:20	74	3:05:52	75	3:05:52