



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Lauftreff Geesthacht MoDo

□□□: 10:41:03

□□: 341

□□: 9.36 km/h

□□□□: 6:25 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 76 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 75(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:00:37	5:53	57	20:40	58	20:40	10.30	1:00:37	5:53	57	20:40	58	20:40
Amelinghausen	13.80	1:20:33	5:50	58	27:48	59	27:48	24.10	2:21:10	5:51	54	42:41	55	42:41
Schwindebeck	9.40	1:02:19	6:37	58	24:59	59	24:59	33.50	3:23:29	6:04	68	59:13	69	59:13
Bispingen	8.90	54:57	6:10	53	18:35	54	18:35	42.40	4:18:26	6:05	65	1:12:38	66	1:12:38
Overhaverbeck	10.80	1:09:01	6:23	70	24:06	71	24:06	53.20	5:27:27	6:09	68	1:36:44	69	1:36:44
Undeloh	6.90	45:12	6:33	55	17:10	56	17:10	60.10	6:12:39	6:12	68	1:48:16	69	1:48:16
Egestorf	9.20	1:04:09	6:58	76	25:55	77	25:55	69.30	7:16:48	6:18	72	2:03:57	73	2:03:57
Salzhausen	10.70	1:00:51	5:41	47	19:15	48	19:15	80.00	8:17:39	6:13	71	2:18:35	72	2:18:35
Südergellersen	10.90	1:26:12	7:54	81	41:32	82	41:32	90.90	9:43:51	6:25	74	2:52:46	75	2:52:46
Sülzwiesen	9.10	57:12	6:17	60	21:05	61	21:05	100.00	10:41:03	6:24	75	3:12:09	76	3:12:09