



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

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

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| 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   |