



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

TSV Kremperheide

□□□: 10:49:01

□□: 380

□□: 9.24 km/h

□□□□: 6:29 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 78 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 77(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:07:11	6:31	74	27:14	75	27:14	10.30	1:07:11	6:31	74	27:14	75	27:14
Amelinghausen	13.80	1:14:38	5:24	42	21:53	43	21:53	24.10	2:21:49	5:53	56	43:20	57	43:20
Schwindebeck	9.40	1:05:14	6:56	65	27:54	66	27:54	33.50	3:27:03	6:10	74	1:02:47	75	1:02:47
Bispingen	8.90	1:10:33	7:55	78	34:11	79	34:11	42.40	4:37:36	6:32	79	1:31:48	80	1:31:48
Overhaverbeck	10.80	1:06:24	6:08	66	21:29	67	21:29	53.20	5:44:00	6:27	79	1:53:17	80	1:53:17
Undeloh	6.90	48:47	7:04	64	20:45	65	20:45	60.10	6:32:47	6:32	78	2:08:24	79	2:08:24
Egestorf	9.20	58:28	6:21	60	20:14	60	20:14	69.30	7:31:15	6:30	76	2:18:24	77	2:18:24
Salzhausen	10.70	1:09:04	6:27	71	27:28	72	27:28	80.00	8:40:19	6:30	78	2:41:15	79	2:41:15
Südergellersen	10.90	1:11:19	6:32	67	26:39	68	26:39	90.90	9:51:38	6:30	77	3:00:33	78	3:00:33
Sülzwiesen	9.10	57:23	6:18	62	21:16	63	21:16	100.00	10:49:01	6:29	77	3:20:07	78	3:20:07