



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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TSV Adendorf

□□□: 10:53:32

□□: 379

□□: 9.18 km/h

□□□□: 6:32 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 79 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 78(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30    | 1:14:44  | 7:15         | 81      | 34:47   | 82        | 34:47     | 10.30  | 1:14:44  | 7:15 | 81      | 34:47   | 82        | 34:47     |
| Amelinghausen  | 13.80    | 1:12:28  | 5:15         | 31      | 19:43   | 32        | 19:43     | 24.10  | 2:27:12  | 6:06 | 67      | 48:43   | 68        | 48:43     |
| Schwindebeck   | 9.40     | 59:19    | 6:18         | 53      | 21:59   | 54        | 21:59     | 33.50  | 3:26:31  | 6:09 | 73      | 1:02:15 | 74        | 1:02:15   |
| Bispingen      | 8.90     | 53:37    | 6:01         | 46      | 17:15   | 47        | 17:15     | 42.40  | 4:20:08  | 6:08 | 67      | 1:14:20 | 68        | 1:14:20   |
| Overhaverbeck  | 10.80    | 1:23:09  | 7:41         | 79      | 38:14   | 80        | 38:14     | 53.20  | 5:43:17  | 6:27 | 78      | 1:52:34 | 79        | 1:52:34   |
| Undeloh        | 6.90     | 1:00:50  | 8:48         | 82      | 32:48   | 83        | 32:48     | 60.10  | 6:44:07  | 6:43 | 80      | 2:19:44 | 81        | 2:19:44   |
| Egestorf       | 9.20     | 50:26    | 5:28         | 30      | 12:12   | 30        | 12:12     | 69.30  | 7:34:33  | 6:33 | 79      | 2:21:42 | 80        | 2:21:42   |
| Salzhausen     | 10.70    | 1:06:02  | 6:10         | 62      | 24:26   | 63        | 24:26     | 80.00  | 8:40:35  | 6:30 | 79      | 2:41:31 | 80        | 2:41:31   |
| Südergellersen | 10.90    | 1:10:41  | 6:29         | 65      | 26:01   | 66        | 26:01     | 90.90  | 9:51:16  | 6:30 | 76      | 3:00:11 | 77        | 3:00:11   |
| Sülzwiesen     | 9.10     | 1:02:16  | 6:50         | 79      | 26:09   | 80        | 26:09     | 100.00 | 10:53:32 | 6:32 | 78      | 3:24:38 | 79        | 3:24:38   |