



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Lauftreff SV Munster

□□□: 10:55:46

□□: 344

□□: 9.15 km/h

□□□□: 6:34 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 80 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 79(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:10:45	6:52	79	30:48	80	30:48	10.30	1:10:45	6:52	79	30:48	80	30:48
Amelinghausen	13.80	1:21:47	5:55	62	29:02	63	29:02	24.10	2:32:32	6:19	70	54:03	71	54:03
Schwindebeck	9.40	1:14:40	7:56	73	37:20	74	37:20	33.50	3:47:12	6:46	82	1:22:56	83	1:22:56
Bispingen	8.90	48:49	5:29	30	12:27	31	12:27	42.40	4:36:01	6:30	78	1:30:13	79	1:30:13
Overhaverbeck	10.80	1:04:52	6:00	59	19:57	60	19:57	53.20	5:40:53	6:24	77	1:50:10	78	1:50:10
Undeloh	6.90	46:36	6:45	57	18:34	58	18:34	60.10	6:27:29	6:26	77	2:03:06	78	2:03:06
Egestorf	9.20	56:49	6:10	56	18:35	56	18:35	69.30	7:24:18	6:24	75	2:11:27	76	2:11:27
Salzhausen	10.70	1:00:29	5:39	45	18:53	46	18:53	80.00	8:24:47	6:18	74	2:25:43	75	2:25:43
Südergellersen	10.90	1:28:34	8:07	82	43:54	83	43:54	90.90	9:53:21	6:31	78	3:02:16	79	3:02:16
Sülzwiesen	9.10	1:02:25	6:51	81	26:18	82	26:18	100.00	10:55:46	6:33	79	3:26:52	80	3:26:52