



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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SVG Damen-Power

□□□: 11:06:39

□□: 372

□□: 9.00 km/h

□□□□: 6:40 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 81 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 80(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:07:36	6:33	75	27:39	76	27:39	10.30	1:07:36	6:33	75	27:39	76	27:39
Amelinghausen	13.80	1:23:45	6:04	66	31:00	67	31:00	24.10	2:31:21	6:16	69	52:52	70	52:52
Schwindebeck	9.40	1:04:23	6:50	63	27:03	64	27:03	33.50	3:35:44	6:26	80	1:11:28	81	1:11:28
Bispingen	8.90	54:21	6:06	52	17:59	53	17:59	42.40	4:30:05	6:22	73	1:24:17	74	1:24:17
Overhaverbeck	10.80	1:02:05	5:44	49	17:10	49	17:10	53.20	5:32:10	6:14	73	1:41:27	74	1:41:27
Undeloh	6.90	47:46	6:55	61	19:44	62	19:44	60.10	6:19:56	6:19	75	1:55:33	76	1:55:33
Egestorf	9.20	1:16:23	8:18	82	38:09	83	38:09	69.30	7:36:19	6:35	80	2:23:28	81	2:23:28
Salzhausen	10.70	1:19:38	7:26	81	38:02	82	38:02	80.00	8:55:57	6:41	80	2:56:53	81	2:56:53
Südergellersen	10.90	1:18:17	7:10	77	33:37	78	33:37	90.90	10:14:14	6:45	81	3:23:09	82	3:23:09
Sülzwiesen	9.10	52:25	5:45	47	16:18	48	16:18	100.00	11:06:39	6:39	80	3:37:45	81	3:37:45