



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Lauftreff Geesthacht

□□□: 11:08:53

□□: 340

□□: 8.97 km/h

□□□□: 6:41 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 82 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 81(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:00:38	5:53	58	20:41	59	20:41	10.30	1:00:38	5:53	58	20:41	59	20:41
Amelinghausen	13.80	1:18:31	5:41	51	25:46	52	25:46	24.10	2:19:09	5:46	53	40:40	54	40:40
Schwindebeck	9.40	1:06:02	7:01	67	28:42	68	28:42	33.50	3:25:11	6:07	72	1:00:55	73	1:00:55
Bispingen	8.90	1:05:49	7:23	71	29:27	72	29:27	42.40	4:31:00	6:23	76	1:25:12	77	1:25:12
Overhaverbeck	10.80	1:21:19	7:31	77	36:24	78	36:24	53.20	5:52:19	6:37	81	2:01:36	82	2:01:36
Undeloh	6.90	53:55	7:48	77	25:53	78	25:53	60.10	6:46:14	6:45	81	2:21:51	82	2:21:51
Egestorf	9.20	1:12:26	7:52	80	34:12	81	34:12	69.30	7:58:40	6:54	82	2:45:49	83	2:45:49
Salzhausen	10.70	59:06	5:31	37	17:30	38	17:30	80.00	8:57:46	6:43	81	2:58:42	82	2:58:42
Südergellersen	10.90	1:13:57	6:47	74	29:17	75	29:17	90.90	10:11:43	6:43	80	3:20:38	81	3:20:38
Sülzwiesen	9.10	57:10	6:16	59	21:03	60	21:03	100.00	11:08:53	6:41	81	3:39:59	82	3:39:59