



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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MTV Amelinghausen LT II

□□□: 11:28:35

□□: 355

□□: 8.71 km/h

□□□□: 6:53 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 83 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 82(of 82)

5-10er Staffel

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:06:17	6:26	73	26:20	74	26:20	10.30	1:06:17	6:26	73	26:20	74	26:20
Amelinghausen	13.80	1:27:18	6:19	71	34:33	72	34:33	24.10	2:33:35	6:22	71	55:06	72	55:06
Schwindebeck	9.40	1:00:48	6:28	55	23:28	56	23:28	33.50	3:34:23	6:23	77	1:10:07	78	1:10:07
Bispingen	8.90	1:06:39	7:29	73	30:17	74	30:17	42.40	4:41:02	6:37	81	1:35:14	82	1:35:14
Overhaverbeck	10.80	1:27:02	8:03	82	42:07	83	42:07	53.20	6:08:04	6:55	82	2:17:21	83	2:17:21
Undeloh	6.90	38:24	5:33	30	10:22	30	10:22	60.10	6:46:28	6:45	82	2:22:05	83	2:22:05
Egestorf	9.20	1:09:57	7:36	79	31:43	80	31:43	69.30	7:56:25	6:52	81	2:43:34	82	2:43:34
Salzhausen	10.70	1:10:52	6:37	73	29:16	74	29:16	80.00	9:07:17	6:50	82	3:08:13	83	3:08:13
Südergellersen	10.90	1:20:47	7:24	78	36:07	79	36:07	90.90	10:28:04	6:54	82	3:36:59	83	3:36:59
Sülzwiesen	9.10	1:00:31	6:39	76	24:24	77	24:24	100.00	11:28:35	6:53	82	3:59:41	83	3:59:41