



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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**Laufteam SC Trebbin II**

□□□: 8:29:04

□□: 338

□□: 11.79 km/h

□□□□: 5:05 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 8 (of 83)

□□□□□□: 7:28:54

□□□□:

□□□□□: 8(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    | 51:20    | 4:59         | 22      | 11:23   | 22        | 11:23     | 10.30  | 51:20   | 4:59 | 22      | 11:23   | 22        | 11:23     |
| Amelinghausen  | 13.80    | 1:21:12  | 5:53         | 60      | 28:27   | 61        | 28:27     | 24.10  | 2:12:32 | 5:29 | 37      | 34:03   | 38        | 34:03     |
| Schwindebeck   | 9.40     | 47:41    | 5:04         | 10      | 10:21   | 10        | 10:21     | 33.50  | 3:00:13 | 5:22 | 31      | 35:57   | 32        | 35:57     |
| Bispingen      | 8.90     | 44:45    | 5:01         | 19      | 8:23    | 19        | 8:23      | 42.40  | 3:44:58 | 5:18 | 21      | 39:10   | 22        | 39:10     |
| Overhaverbeck  | 10.80    | 55:15    | 5:06         | 22      | 10:20   | 22        | 10:20     | 53.20  | 4:40:13 | 5:16 | 20      | 49:30   | 21        | 49:30     |
| Undeloh        | 6.90     | 30:11    | 4:22         | 5       | 2:09    | 5         | 2:09      | 60.10  | 5:10:24 | 5:09 | 13      | 46:01   | 13        | 46:01     |
| Egestorf       | 9.20     | 42:30    | 4:37         | 5       | 4:16    | 5         | 4:16      | 69.30  | 5:52:54 | 5:05 | 10      | 40:03   | 10        | 40:03     |
| Salzhausen     | 10.70    | 50:54    | 4:45         | 12      | 9:18    | 12        | 9:18      | 80.00  | 6:43:48 | 5:02 | 7       | 44:44   | 7         | 44:44     |
| Südergellersen | 10.90    | 57:45    | 5:17         | 26      | 13:05   | 26        | 13:05     | 90.90  | 7:41:33 | 5:04 | 7       | 50:28   | 7         | 50:28     |
| Sülzwiesen     | 9.10     | 47:31    | 5:13         | 28      | 11:24   | 28        | 11:24     | 100.00 | 8:29:04 | 5:05 | 8       | 1:00:10 | 8         | 1:00:10   |