



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Marquardt, Christof

□□: LG Deiringsen

□□: 1

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 8:30:22

□□: 11.76 km/h

□□□□: 5:06 min/km

□□□□□/□□□: 1 (of 92)

□□□□□/□: 1 (of 69)

□□□□□□: 8:30:22

□□□□□: 1(of 17)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:06:34	6:27	11	7:46	48	11:09	10.30	1:06:34	6:27	11	7:46	48	11:09	
Amelinghausen	13.80	1:01:16	4:26	1	-	1	-	24.10	2:07:50	5:18	1	-	2	4:24	
Schwindebeck	9.40	43:35	4:38	1	-	2	0:30	33.50	2:51:25	5:07	1	-	1	-	
Bispingen	8.90	fehlt!	-	-	-	-	-	42.40	-	-	-	-	-	-	
Overhaverbeck	10.80	1:34:06	8:42	13	29:59	50	43:57	53.20	4:25:31	4:59	1	-	2	2:31	
Undeloh	6.90	34:52	5:03	1	-	2	1:34	60.10	5:00:23	4:59	1	-	2	4:05	
Egestorf	9.20	49:38	5:23	1	-	2	1:51	69.30	5:50:01	5:03	1	-	2	5:56	
Salzhausen	10.70	57:20	5:21	1	-	1	-	80.00	6:47:21	5:05	1	-	2	3:54	
Südergellersen	10.90	58:41	5:23	1	-	1	-	90.90	7:46:02	5:07	1	-	1	-	
Sülzwiesen	9.10	44:20	4:52	1	-	1	-	100.00	8:30:22	5:06	1	-	1	-	