



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Grimm, Heiko

□□: LG Mauerweg Berlin e.V.

□□: 26

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□□□/□□□: DNF (of 92)

□□□□□/□: DNF (of 69)

□□□□□□: 8:30:22

□□□□□: DNF(of 5)

□□□□□□□: 9:39:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:00	5:43	1	-	9	3:35	10.30	59:00	5:43	1	-	9	3:35	
Amelinghausen	13.80	1:17:22	5:36	2	1:12	19	16:06	24.10	2:16:22	5:39	1	-	16	12:56	
Schwindebeck	9.40	52:49	5:37	2	1:43	12	9:44	33.50	3:09:11	5:38	2	1:36	14	17:46	
Bispingen	8.90	54:47	6:09	2	7:05	21	13:54	42.40	4:03:58	5:45	2	8:41	14	31:07	
Overhaverbeck	10.80	2:04:26	11:31	5	1:02:11	66	1:14:17	53.20	6:08:24	6:55	3	1:10:52	44	1:45:24	
Undeloh	6.90	1:02:20	9:02	3	19:53	55	29:02	60.10	7:10:44	7:10	3	1:30:45	42	2:14:26	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	