



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Ulber, David

00: Bielefeld / Endorphin Junkies Dortmund
00: 112

00: 100.00 km
Ultra-Marathon

0000:
Senioren M30 (30-34 Jahre)

000: 9:11:35

00: 10.88 km/h
0000: 5:31 min/km

00000/000: 2 (of 92)

00000/0: 2 (of 69)

000000: 8:30:22

00000: 1(of 5)

0000000: 9:11:35

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Südergellersen	10.30	55:50	5:25	1	-	3	0:25	10.30	55:50	5:25	1	-	3	0:25
Amelinghausen	13.80	1:07:36	4:53	1	-	5	6:20	24.10	2:03:26	5:07	1	-	1	-
Schwindebeck	9.40	49:50	5:18	2	0:01	6	6:45	33.50	2:53:16	5:10	1	-	3	1:51
Bispingen	8.90	45:46	5:08	1	-	3	4:53	42.40	3:39:02	5:09	1	-	3	6:11
Overhaverbeck	10.80	59:34	5:30	1	-	3	9:25	53.20	4:38:36	5:14	1	-	3	15:36
Undeloh	6.90	38:33	5:35	1	-	3	5:15	60.10	5:17:09	5:16	1	-	3	20:51
Egestorf	9.20	57:13	6:13	1	-	6	9:26	69.30	6:14:22	5:24	1	-	3	30:17
Salzhausen	10.70	1:01:28	5:44	1	-	4	4:08	80.00	7:15:50	5:26	1	-	3	32:23
Südergellersen	10.90	1:04:57	5:57	1	-	3	6:16	90.90	8:20:47	5:30	1	-	3	34:45
Sülzwiesen	9.10	50:48	5:34	1	-	2	6:28	100.00	9:11:35	5:30	1	-	2	41:13