



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Stolz, Thomas

□□: TC Fiko Rostock

□□: 106

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□□□/□□□: DNF (of 92)

□□□□□/□: DNF (of 69)

□□□□□□: 8:30:22

□□□□□: DNF(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:02	5:43	3	3:37	11	3:37	10.30	59:02	5:43	3	3:37	11	3:37	
Amelinghausen	13.80	1:16:30	5:32	6	10:16	13	15:14	24.10	2:15:32	5:37	5	3:36	12	12:06	
Schwindebeck	9.40	53:36	5:42	5	7:25	14	10:31	33.50	3:09:08	5:38	5	10:07	13	17:43	
Bispingen	8.90	52:00	5:50	6	5:56	12	11:07	42.40	4:01:08	5:41	6	16:03	13	28:17	
Overhaverbeck	10.80	1:12:17	6:41	7	12:27	14	22:08	53.20	5:13:25	5:53	6	28:30	13	50:25	
Undeloh	6.90	46:51	6:47	7	8:09	16	13:33	60.10	6:00:16	5:59	7	36:39	13	1:03:58	
Egestorf	9.20	1:13:25	7:58	10	19:03	34	25:38	69.30	7:13:41	6:15	7	55:42	13	1:29:36	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	