



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Heinze, Tilman

□□: Hamburger Sportclub

□□: 30

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□□□/□□□: DNF (of 92)

□□□□□/□: DNF (of 69)

□□□□□□: 8:30:22

□□□□□: DNF(of 5)

□□□□□□□: 9:11:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:05	5:44	2	3:15	16	3:40	10.30	59:05	5:44	2	3:15	16	3:40	
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-	
Schwindebeck	9.40	2:18:40	14:45	5	1:28:51	66	1:35:35	33.50	3:17:45	5:54	3	24:29	29	26:20	
Bispingen	8.90	1:02:09	6:58	5	16:23	36	21:16	42.40	4:19:54	6:07	4	40:52	29	47:03	
Overhaverbeck	10.80	1:32:02	8:31	5	32:28	46	41:53	53.20	5:51:56	6:36	5	1:13:20	37	1:28:56	
Undeloh	6.90	56:50	8:14	5	18:17	40	23:32	60.10	6:48:46	6:48	5	1:31:37	36	1:52:28	
Egestorf	9.20	1:25:41	9:18	5	28:28	51	37:54	69.30	8:14:27	7:08	5	2:00:05	37	2:30:22	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	