



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Rinkens, Nico

□□: Eckernförder MTV  
 □□: 90

□□: 100.00 km  
 Ultra-Marathon

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 9:22:55

□□: 10.66 km/h  
 □□□□: 5:38 min/km

□□□□□/□□□: 3 (of 92)

□□□□□/□: 3 (of 69)

□□□□□□: 8:30:22

□□□□□: 1(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:06:36	6:27	16	11:11	49	11:11	10.30	1:06:36	6:27	16	11:11	49	11:11
Amelinghausen	13.80	1:06:14	4:47	1	-	4	4:58	24.10	2:12:50	5:30	2	0:54	6	9:24
Schwindebeck	9.40	46:11	4:54	1	-	4	3:06	33.50	2:59:01	5:20	1	-	5	7:36
Bispingen	8.90	46:04	5:10	1	-	4	5:11	42.40	3:45:05	5:18	1	-	4	12:14
Overhaverbeck	10.80	59:50	5:32	1	-	4	9:41	53.20	4:44:55	5:21	1	-	4	21:55
Undeloh	6.90	38:42	5:36	1	-	4	5:24	60.10	5:23:37	5:23	1	-	4	27:19
Egestorf	9.20	54:22	5:54	1	-	3	6:35	69.30	6:17:59	5:27	1	-	4	33:54
Salzhausen	10.70	1:01:19	5:43	1	-	3	3:59	80.00	7:19:18	5:29	1	-	4	35:51
Südergellersen	10.90	1:06:59	6:08	1	-	5	8:18	90.90	8:26:17	5:34	1	-	4	40:15
Sülzwiesen	9.10	56:38	6:13	1	-	6	12:18	100.00	9:22:55	5:37	1	-	3	52:33