



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Kahrs, Tobias

□□: Lunge

□□: 41

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 9:39:17

□□: 10.36 km/h

□□□□: 5:47 min/km

□□□□□/□□□□: 4 (of 92)

□□□□□/□: 4 (of 69)

□□□□□□: 8:30:22

□□□□□: 1(of 5)

□□□□□□□: 9:39:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:00:19	5:51	2	1:19	22	4:54	10.30	1:00:19	5:51	2	1:19	22	4:54
Amelinghausen	13.80	1:16:10	5:31	1	-	12	14:54	24.10	2:16:29	5:39	2	0:07	19	13:03
Schwindebeck	9.40	51:06	5:26	1	-	7	8:01	33.50	3:07:35	5:35	1	-	9	16:10
Bispingen	8.90	47:42	5:21	1	-	5	6:49	42.40	3:55:17	5:32	1	-	7	22:26
Overhaverbeck	10.80	1:02:15	5:45	1	-	5	12:06	53.20	4:57:32	5:35	1	-	5	34:32
Undeloh	6.90	42:27	6:09	1	-	10	9:09	60.10	5:39:59	5:39	1	-	5	43:41
Egestorf	9.20	55:26	6:01	1	-	5	7:39	69.30	6:35:25	5:42	1	-	5	51:20
Salzhausen	10.70	1:04:55	6:04	1	-	6	7:35	80.00	7:40:20	5:45	1	-	5	56:53
Südergellersen	10.90	1:05:42	6:01	1	-	4	7:01	90.90	8:46:02	5:47	1	-	5	1:00:00
Sülzwiesen	9.10	53:15	5:51	1	-	4	8:55	100.00	9:39:17	5:47	1	-	4	1:08:55