



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Stephan, Anne

□□: Die Laufpartner

□□: 105

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 9:51:19

□□: 10.15 km/h

□□□□: 5:55 min/km

□□□□□/□□□: 6 (of 92)

□□□□□/□: 1 (of 23)

□□□□□□: 9:51:19

□□□□□: 1(of 3)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:07:02	6:30	2	7:43	12	11:12	10.30	1:07:02	6:30	2	7:43	12	11:12
Amelinghausen	13.80	1:10:38	5:07	1	-	1	-	24.10	2:17:40	5:42	1	-	2	6:39
Schwindebeck	9.40	49:37	5:16	1	-	1	-	33.50	3:07:17	5:35	1	-	2	0:55
Bispingen	8.90	46:43	5:14	1	-	1	-	42.40	3:54:00	5:31	1	-	1	-
Overhaverbeck	10.80	1:03:30	5:52	1	-	1	-	53.20	4:57:30	5:35	1	-	1	-
Undeloh	6.90	40:03	5:48	1	-	1	-	60.10	5:37:33	5:36	1	-	1	-
Egestorf	9.20	56:19	6:07	1	-	1	-	69.30	6:33:52	5:41	1	-	1	-
Salzhausen	10.70	1:08:00	6:21	1	-	2	1:34	80.00	7:41:52	5:46	1	-	1	-
Südergellersen	10.90	1:10:29	6:27	1	-	1	-	90.90	8:52:21	5:51	1	-	1	-
Sülzwiesen	9.10	58:58	6:28	1	-	4	1:51	100.00	9:51:19	5:54	1	-	1	-