



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Zab, Gunnar

□□: LF Trills 09

□□: 118

□□: 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	1:18:47	7:38	19	23:22	64	23:22	10.30	1:18:47	7:38	19	23:22	64	23:22	
Amelinghausen	13.80	1:57:02	8:28	18	50:48	62	55:46	24.10	3:15:49	8:07	18	1:03:53	61	1:12:23	
Schwindebeck	9.40	1:48:50	11:34	18	1:02:39	63	1:05:45	33.50	5:04:39	9:05	20	2:05:38	69	2:13:14	
Bispingen	8.90	1:16:04	8:32	17	30:00	56	35:11	42.40	6:20:43	8:58	19	2:35:38	64	2:47:52	
Overhaverbeck	10.80	1:32:34	8:34	15	32:44	47	42:25	53.20	7:53:17	8:53	19	3:08:22	67	3:30:17	
Undeloh	6.90	fehlt!	-	-	-	-	-	60.10	-	-	-	-	-	-	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	