



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Marten, René

□□: TG Werste
 □□: 60

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 10:12:19

□□: 9.80 km/h
 □□□□: 6:07 min/km

□□□□□/□□□□: 7 (of 92)

□□□□□/□: 6 (of 69)

□□□□□□: 8:30:22

□□□□□: 2(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:46	6:11	13	8:21	36	8:21	10.30	1:03:46	6:11	13	8:21	36	8:21	
Amelinghausen	13.80	1:12:26	5:14	3	6:12	9	11:10	24.10	2:16:12	5:39	6	4:16	14	12:46	
Schwindebeck	9.40	52:52	5:37	4	6:41	13	9:47	33.50	3:09:04	5:38	4	10:03	12	17:39	
Bispingen	8.90	51:12	5:45	5	5:08	11	10:19	42.40	4:00:16	5:40	4	15:11	10	27:25	
Overhaverbeck	10.80	1:07:23	6:14	4	7:33	11	17:14	53.20	5:07:39	5:46	5	22:44	12	44:39	
Undeloh	6.90	42:16	6:07	4	3:34	9	8:58	60.10	5:49:55	5:49	4	26:18	10	53:37	
Egestorf	9.20	59:12	6:26	3	4:50	8	11:25	69.30	6:49:07	5:54	3	31:08	9	1:05:02	
Salzhausen	10.70	1:09:22	6:28	3	8:03	8	12:02	80.00	7:58:29	5:58	2	39:11	7	1:15:02	
Südergellersen	10.90	1:14:59	6:52	4	8:00	8	16:18	90.90	9:13:28	6:05	2	47:11	7	1:27:26	
Sülzwiesen	9.10	58:51	6:28	2	2:13	7	14:31	100.00	10:12:19	6:07	2	49:24	6	1:41:57	