



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Kazantceva, Olga

□□: Green Tour
 □□: 44

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 10:14:34

□□: 9.76 km/h
 □□□□: 6:09 min/km

□□□□□/□□□: 9 (of 92)

□□□□□/□: 2 (of 23)

□□□□□□: 9:51:19

□□□□□: 1(of 5)

□□□□□□□: 10:14:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	55:50	5:25	1	-	1	-	10.30	55:50	5:25	1	-	1	-
Amelinghausen	13.80	1:15:11	5:26	1	-	3	4:33	24.10	2:11:01	5:26	1	-	1	-
Schwindebeck	9.40	55:21	5:53	1	-	3	5:44	33.50	3:06:22	5:33	1	-	1	-
Bispingen	8.90	53:45	6:02	1	-	4	7:02	42.40	4:00:07	5:39	1	-	3	6:07
Overhaverbeck	10.80	1:12:21	6:41	1	-	6	8:51	53.20	5:12:28	5:52	1	-	3	14:58
Undeloh	6.90	45:30	6:35	1	-	5	5:27	60.10	5:57:58	5:57	1	-	3	20:25
Egestorf	9.20	1:00:37	6:35	1	-	4	4:18	69.30	6:58:35	6:02	1	-	3	24:43
Salzhausen	10.70	1:06:26	6:12	1	-	1	-	80.00	8:05:01	6:03	1	-	3	23:09
Südergellersen	10.90	1:12:26	6:38	1	-	3	1:57	90.90	9:17:27	6:07	1	-	2	25:06
Sülzwiesen	9.10	57:07	6:16	1	-	1	-	100.00	10:14:34	6:08	1	-	2	23:15