



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Grepl, Martin

□□: Run

□□: 129

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 10:14:25

□□: 9.77 km/h

□□□□: 6:08 min/km

□□□□□/□□□: 8 (of 92)

□□□□□/□: 7 (of 69)

□□□□□□: 8:30:22

□□□□□: 3(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:04:28	6:15	14	9:03	41	9:03	10.30	1:04:28	6:15	14	9:03	41	9:03	
Amelinghausen	13.80	1:12:35	5:15	4	6:21	10	11:19	24.10	2:17:03	5:41	9	5:07	22	13:37	
Schwindebeck	9.40	55:05	5:51	7	8:54	18	12:00	33.50	3:12:08	5:44	7	13:07	18	20:43	
Bispingen	8.90	52:17	5:52	7	6:13	13	11:24	42.40	4:04:25	5:45	7	19:20	15	31:34	
Overhaverbeck	10.80	1:10:42	6:32	6	10:52	13	20:33	53.20	5:15:07	5:55	7	30:12	15	52:07	
Undeloh	6.90	42:10	6:06	3	3:28	8	8:52	60.10	5:57:17	5:56	6	33:40	12	1:00:59	
Egestorf	9.20	58:35	6:22	2	4:13	7	10:48	69.30	6:55:52	6:00	5	37:53	11	1:11:47	
Salzhausen	10.70	1:08:44	6:25	2	7:25	7	11:24	80.00	8:04:36	6:03	4	45:18	9	1:21:09	
Südergellersen	10.90	1:10:53	6:30	2	3:54	6	12:12	90.90	9:15:29	6:06	3	49:12	8	1:29:27	
Sülzwiesen	9.10	58:56	6:28	3	2:18	8	14:36	100.00	10:14:25	6:08	3	51:30	7	1:44:03	