



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Kiene, Michael

□□: 100 Marathon Club

□□: 46

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 10:16:49

□□: 9.73 km/h

□□□□: 6:10 min/km

□□□□□/□□□: 10 (of 92)

□□□□□/□: 8 (of 69)

□□□□□□: 8:30:22

□□□□□: 4(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	55:25	5:22	1	-	1	-	10.30	55:25	5:22	1	-	1	-	
Amelinghausen	13.80	1:16:31	5:32	7	10:17	14	15:15	24.10	2:11:56	5:28	1	-	5	8:30	
Schwindebeck	9.40	52:37	5:35	3	6:26	11	9:32	33.50	3:04:33	5:30	2	5:32	6	13:08	
Bispingen	8.90	48:38	5:27	2	2:34	6	7:45	42.40	3:53:11	5:29	2	8:06	5	20:20	
Overhaverbeck	10.80	1:06:39	6:10	3	6:49	10	16:30	53.20	4:59:50	5:38	2	14:55	6	36:50	
Undeloh	6.90	46:45	6:46	6	8:03	13	13:27	60.10	5:46:35	5:46	3	22:58	9	50:17	
Egestorf	9.20	1:03:47	6:55	6	9:25	13	16:00	69.30	6:50:22	5:55	4	32:23	10	1:06:17	
Salzhausen	10.70	1:12:49	6:48	5	11:30	12	15:29	80.00	8:03:11	6:02	3	43:53	8	1:19:44	
Südergellersen	10.90	1:14:21	6:49	3	7:22	7	15:40	90.90	9:17:32	6:08	4	51:15	9	1:31:30	
Sülzwiesen	9.10	59:17	6:30	4	2:39	9	14:57	100.00	10:16:49	6:10	4	53:54	8	1:46:27	