



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Mönch, Sabine

00: Lausitzer Heideläufer
00: 123

00: 100.00 km
Ultra-Marathon

0000:
Seniorinnen W55 (55-59 Jahre)

000: 10:16:49

00: 9.73 km/h
0000: 6:10 min/km

00000/000: 11 (of 92)

00000/0: 3 (of 23)

000000: 9:51:19

00000: 1(of 3)

0000000: 10:16:49

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Südergellersen	10.30	1:07:03	6:30	1	-	13	11:13	10.30	1:07:03	6:30	1	-	13	11:13	
Amelinghausen	13.80	1:10:44	5:07	1	-	2	0:06	24.10	2:17:47	5:43	1	-	3	6:46	
Schwindebeck	9.40	51:08	5:26	1	-	2	1:31	33.50	3:08:55	5:38	1	-	3	2:33	
Bispingen	8.90	50:41	5:41	1	-	2	3:58	42.40	3:59:36	5:39	1	-	2	5:36	
Overhaverbeck	10.80	1:05:42	6:04	1	-	2	2:12	53.20	5:05:18	5:44	1	-	2	7:48	
Undeloh	6.90	44:07	6:23	1	-	4	4:04	60.10	5:49:25	5:48	1	-	2	11:52	
Egestorf	9.20	1:02:02	6:44	1	-	5	5:43	69.30	6:51:27	5:56	1	-	2	17:35	
Salzhausen	10.70	1:11:44	6:42	1	-	6	5:18	80.00	8:03:11	6:02	1	-	2	21:19	
Südergellersen	10.90	1:14:22	6:49	1	-	4	3:53	90.90	9:17:33	6:08	1	-	3	25:12	
Sülzwiesen	9.10	59:16	6:30	1	-	5	2:09	100.00	10:16:49	6:10	1	-	3	25:30	