



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Nowotny-Hupka, Rita

□□: LG Ultralauf/ LT Dortmund Wischlingen
 □□: 73

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 10:18:21

□□: 9.70 km/h
 □□□□: 6:11 min/km

□□□□□/□□□□: 12 (of 92)

□□□□□/□: 4 (of 23)

□□□□□□: 9:51:19

□□□□□: 1(of 2)

□□□□□□□: 10:18:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:01	5:43	1	-	2	3:11	10.30	59:01	5:43	1	-	2	3:11	
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-	
Schwindebeck	9.40	2:14:59	14:21	2	53:52	23	1:25:22	33.50	3:14:00	5:47	1	-	4	7:38	
Bispingen	8.90	53:36	6:01	1	-	3	6:53	42.40	4:07:36	5:50	1	-	4	13:36	
Overhaverbeck	10.80	1:08:30	6:20	1	-	3	5:00	53.20	5:16:06	5:56	1	-	4	18:36	
Undeloh	6.90	43:42	6:19	1	-	3	3:39	60.10	5:59:48	5:59	1	-	4	22:15	
Egestorf	9.20	59:05	6:25	1	-	3	2:46	69.30	6:58:53	6:02	1	-	4	25:01	
Salzhausen	10.70	1:09:22	6:28	1	-	4	2:56	80.00	8:08:15	6:06	1	-	4	26:23	
Südergellersen	10.90	1:11:40	6:34	1	-	2	1:11	90.90	9:19:55	6:09	1	-	4	27:34	
Sülzwiesen	9.10	58:26	6:25	1	-	3	1:19	100.00	10:18:21	6:11	1	-	4	27:02	