



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Pohl, Bernd

□□: Open Sports Hamburg

□□: 78

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 10:36:50

□□: 9.42 km/h

□□□□: 6:22 min/km

□□□□□/□□□□: 13 (of 92)

□□□□□/□: 9 (of 69)

□□□□□□: 8:30:22

□□□□□: 1(of 8)

□□□□□□□: 10:36:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	58:54	5:43	2	2:57	6	3:29	10.30	58:54	5:43	2	2:57	6	3:29	
Amelinghausen	13.80	1:17:05	5:35	2	4:40	17	15:49	24.10	2:15:59	5:38	2	0:45	13	12:33	
Schwindebeck	9.40	54:34	5:48	2	0:50	17	11:29	33.50	3:10:33	5:41	1	-	15	19:08	
Bispingen	8.90	50:23	5:39	1	-	9	9:30	42.40	4:00:56	5:40	1	-	12	28:05	
Overhaverbeck	10.80	1:04:03	5:55	2	12:21	7	13:54	53.20	5:04:59	5:43	2	3:25	11	41:59	
Undeloh	6.90	41:29	6:00	1	-	6	8:11	60.10	5:46:28	5:45	1	-	8	50:10	
Egestorf	9.20	1:00:43	6:35	1	-	10	12:56	69.30	6:47:11	5:52	1	-	8	1:03:06	
Salzhausen	10.70	1:18:24	7:19	3	4:32	18	21:04	80.00	8:05:35	6:04	1	-	10	1:22:08	
Südergellersen	10.90	1:24:13	7:43	2	1:58	16	25:32	90.90	9:29:48	6:16	1	-	10	1:43:46	
Sülzwiesen	9.10	1:07:02	7:21	3	1:03	20	22:42	100.00	10:36:50	6:22	1	-	9	2:06:28	