



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Beierlieb, Elke

□□: LG Veitenstein

□□: 6

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 10:37:26

□□: 9.41 km/h

□□□□: 6:22 min/km

□□□□□/□□□□: 14 (of 92)

□□□□□/□: 5 (of 23)

□□□□□□: 9:51:19

□□□□□: 1(of 5)

□□□□□□□: 10:37:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:19	5:45	1	-	4	3:29	10.30	59:19	5:45	1	-	4	3:29	
Amelinghausen	13.80	1:20:14	5:48	1	-	5	9:36	24.10	2:19:33	5:47	1	-	5	8:32	
Schwindebeck	9.40	56:59	6:03	1	-	4	7:22	33.50	3:16:32	5:51	1	-	5	10:10	
Bispingen	8.90	54:10	6:05	1	-	5	7:27	42.40	4:10:42	5:54	1	-	5	16:42	
Overhaverbeck	10.80	1:09:02	6:23	1	-	4	5:32	53.20	5:19:44	6:00	1	-	5	22:14	
Undeloh	6.90	41:57	6:04	1	-	2	1:54	60.10	6:01:41	6:01	1	-	5	24:08	
Egestorf	9.20	58:36	6:22	1	-	2	2:17	69.30	7:00:17	6:03	1	-	5	26:25	
Salzhausen	10.70	1:08:18	6:22	1	-	3	1:52	80.00	8:08:35	6:06	1	-	5	26:43	
Südergellersen	10.90	1:21:28	7:28	1	-	6	10:59	90.90	9:30:03	6:16	1	-	5	37:42	
Sülzwiesen	9.10	1:07:23	7:24	2	0:09	9	10:16	100.00	10:37:26	6:22	1	-	5	46:07	