



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Ruske, Alexander

□□: Nonviolent Mobility

□□: 124

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 10:42:36

□□: 9.34 km/h

□□□□: 6:26 min/km

□□□□□/□□□: 15 (of 92)

□□□□□/□: 10 (of 69)

□□□□□□: 8:30:22

□□□□□: 1(of 3)

□□□□□□□: 10:42:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:22	5:45	1	-	18	3:57	10.30	59:22	5:45	1	-	18	3:57	
Amelinghausen	13.80	1:17:01	5:34	3	14:39	16	15:45	24.10	2:16:23	5:39	3	7:30	17	12:57	
Schwindebeck	9.40	51:43	5:30	3	8:38	9	8:38	33.50	3:08:06	5:36	3	16:08	10	16:41	
Bispingen	8.90	1:02:53	7:03	3	22:00	38	22:00	42.40	4:10:59	5:55	3	38:08	21	38:08	
Overhaverbeck	10.80	1:05:19	6:02	2	15:10	9	15:10	53.20	5:16:18	5:56	3	53:18	16	53:18	
Undeloh	6.90	52:25	7:35	2	19:07	29	19:07	60.10	6:08:43	6:08	2	1:12:25	16	1:12:25	
Egestorf	9.20	1:05:13	7:05	2	17:26	16	17:26	69.30	7:13:56	6:15	2	1:29:51	14	1:29:51	
Salzhausen	10.70	1:12:58	6:49	2	13:36	14	15:38	80.00	8:26:54	6:20	2	1:43:27	12	1:43:27	
Südergellersen	10.90	1:19:51	7:19	2	17:08	12	21:10	90.90	9:46:45	6:27	2	2:00:35	12	2:00:43	
Sülzwiesen	9.10	55:51	6:08	1	-	5	11:31	100.00	10:42:36	6:25	1	-	10	2:12:14	