



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Lahuis, Gertjan

□□: Veluwe

□□: 51

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 10:45:12

□□: 9.30 km/h

□□□□: 6:27 min/km

□□□□□/□□□□: 16 (of 92)

□□□□□/□: 11 (of 69)

□□□□□□: 8:30:22

□□□□□: 5(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:02:47	6:05	9	7:22	29	7:22	10.30	1:02:47	6:05	9	7:22	29	7:22	
Amelinghausen	13.80	1:14:12	5:22	5	7:58	11	12:56	24.10	2:16:59	5:41	8	5:03	21	13:33	
Schwindebeck	9.40	53:39	5:42	6	7:28	15	10:34	33.50	3:10:38	5:41	6	11:37	17	19:13	
Bispingen	8.90	49:46	5:35	4	3:42	8	8:53	42.40	4:00:24	5:40	5	15:19	11	27:33	
Overhaverbeck	10.80	1:02:48	5:48	2	2:58	6	12:39	53.20	5:03:12	5:41	3	18:17	8	40:12	
Undeloh	6.90	41:53	6:04	2	3:11	7	8:35	60.10	5:45:05	5:44	2	21:28	7	48:47	
Egestorf	9.20	59:23	6:27	4	5:01	9	11:36	69.30	6:44:28	5:50	2	26:29	7	1:00:23	
Salzhausen	10.70	1:23:15	7:46	9	21:56	26	25:55	80.00	8:07:43	6:05	5	48:25	11	1:24:16	
Südergellersen	10.90	1:28:43	8:08	7	21:44	21	30:02	90.90	9:36:26	6:20	5	1:10:09	11	1:50:24	
Sülzwiesen	9.10	1:08:46	7:33	9	12:08	26	24:26	100.00	10:45:12	6:27	5	1:22:17	11	2:14:50	