



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Bandowski, Dirk

□□: LG Kaufungen

□□: 4

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 10:52:35

□□: 9.19 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 17 (of 92)

□□□□□/□: 12 (of 69)

□□□□□□: 8:30:22

□□□□□: 6(of 20)

□□□□□□□: 9:22:55

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.30 | 1:00:08 | 5:50 | 7 | 4:43 | 20 | 4:43 | 10.30 | 1:00:08 | 5:50 | 7 | 4:43 | 20 | 4:43 | |
| Amelinghausen | 13.80 | 1:21:06 | 5:52 | 10 | 14:52 | 27 | 19:50 | 24.10 | 2:21:14 | 5:51 | 10 | 9:18 | 27 | 17:48 | |
| Schwindebeck | 9.40 | 55:59 | 5:57 | 8 | 9:48 | 21 | 12:54 | 33.50 | 3:17:13 | 5:53 | 11 | 18:12 | 27 | 25:48 | |
| Bispingen | 8.90 | 53:48 | 6:02 | 8 | 7:44 | 14 | 12:55 | 42.40 | 4:11:01 | 5:55 | 10 | 25:56 | 22 | 38:10 | |
| Overhaverbeck | 10.80 | 1:13:41 | 6:49 | 10 | 13:51 | 21 | 23:32 | 53.20 | 5:24:42 | 6:06 | 9 | 39:47 | 21 | 1:01:42 | |
| Undeloh | 6.90 | 47:08 | 6:49 | 9 | 8:26 | 18 | 13:50 | 60.10 | 6:11:50 | 6:11 | 9 | 48:13 | 19 | 1:15:32 | |
| Egestorf | 9.20 | 1:06:20 | 7:12 | 8 | 11:58 | 18 | 18:33 | 69.30 | 7:18:10 | 6:19 | 9 | 1:00:11 | 18 | 1:34:05 | |
| Salzhausen | 10.70 | 1:14:37 | 6:58 | 7 | 13:18 | 16 | 17:17 | 80.00 | 8:32:47 | 6:24 | 8 | 1:13:29 | 15 | 1:49:20 | |
| Südergellersen | 10.90 | 1:18:31 | 7:12 | 5 | 11:32 | 10 | 19:50 | 90.90 | 9:51:18 | 6:30 | 6 | 1:25:01 | 13 | 2:05:16 | |
| Sülzwiesen | 9.10 | 1:01:17 | 6:44 | 5 | 4:39 | 12 | 16:57 | 100.00 | 10:52:35 | 6:31 | 6 | 1:29:40 | 12 | 2:22:13 | |