



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Schmerfeld, Jasmin

□□: -
□□: 95

□□: 100.00 km
Ultra-Marathon

□□□□:
Seniorinnen W35 (35-39 Jahre)

□□□: 10:52:35

□□: 9.19 km/h
□□□□: 6:32 min/km

□□□□□/□□□□: 18 (of 92)

□□□□□/□: 6 (of 23)

□□□□□□: 9:51:19

□□□□□: 2(of 5)

□□□□□□□: 10:14:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:01:20	5:57	3	5:30	6	5:30	10.30	1:01:20	5:57	3	5:30	6	5:30	
Amelinghausen	13.80	1:23:04	6:01	3	7:53	8	12:26	24.10	2:24:24	5:59	3	13:23	8	13:23	
Schwindebeck	9.40	57:12	6:05	2	1:51	6	7:35	33.50	3:21:36	6:01	3	15:14	9	15:14	
Bispingen	8.90	57:52	6:30	2	4:07	8	11:09	42.40	4:19:28	6:07	3	19:21	8	25:28	
Overhaverbeck	10.80	1:15:35	6:59	2	3:14	9	12:05	53.20	5:35:03	6:17	2	22:35	8	37:33	
Undeloh	6.90	48:54	7:05	2	3:24	7	8:51	60.10	6:23:57	6:23	2	25:59	7	46:24	
Egestorf	9.20	1:05:08	7:04	2	4:31	7	8:49	69.30	7:29:05	6:28	2	30:30	8	55:13	
Salzhausen	10.70	1:10:08	6:33	2	3:42	5	3:42	80.00	8:39:13	6:29	2	34:12	6	57:21	
Südergellersen	10.90	1:15:24	6:55	2	2:58	5	4:55	90.90	9:54:37	6:32	2	37:10	6	1:02:16	
Sülzwiesen	9.10	57:58	6:22	2	0:51	2	0:51	100.00	10:52:35	6:31	2	38:01	6	1:01:16	