



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Hellmann, Stefan

□□: Landau Running Company

□□: 33

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 10:57:54

□□: 9.12 km/h

□□□□: 6:35 min/km

□□□□□/□□□□: 19 (of 92)

□□□□□/□: 13 (of 69)

□□□□□□: 8:30:22

□□□□□: 2(of 5)

□□□□□□□: 9:11:35

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Südergellersen	10.30	59:40	5:47	3	3:50	19	4:15	10.30	59:40	5:47	3	3:50	19	4:15
Amelinghausen	13.80	1:22:31	5:58	4	14:55	30	21:15	24.10	2:22:11	5:53	3	18:45	28	18:45
Schwindebeck	9.40	57:18	6:05	3	7:29	24	14:13	33.50	3:19:29	5:57	4	26:13	31	28:04
Bispingen	8.90	55:16	6:12	3	9:30	22	14:23	42.40	4:14:45	6:00	3	35:43	25	41:54
Overhaverbeck	10.80	1:13:52	6:50	3	14:18	22	23:43	53.20	5:28:37	6:10	3	50:01	24	1:05:37
Undeloh	6.90	45:13	6:33	2	6:40	11	11:55	60.10	6:13:50	6:13	3	56:41	20	1:17:32
Egestorf	9.20	1:03:20	6:53	2	6:07	12	15:33	69.30	7:17:10	6:18	3	1:02:48	17	1:33:05
Salzhausen	10.70	1:22:20	7:41	4	20:52	23	25:00	80.00	8:39:30	6:29	3	1:23:40	18	1:56:03
Südergellersen	10.90	1:18:40	7:13	2	13:43	11	19:59	90.90	9:58:10	6:34	2	1:37:23	15	2:12:08
Sülzwiesen	9.10	59:44	6:33	2	8:56	11	15:24	100.00	10:57:54	6:34	2	1:46:19	13	2:27:32