



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Luber, Anton

□□: BSG N-ERGIE Nürnberg

□□: 58

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 11:06:54

□□: 9.00 km/h

□□□□: 6:40 min/km

□□□□□/□□□: 20 (of 92)

□□□□□/□: 14 (of 69)

□□□□□□: 8:30:22

□□□□□: 3(of 17)

□□□□□□□: 8:30:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:00:54	5:54	6	2:06	24	5:29	10.30	1:00:54	5:54	6	2:06	24	5:29	
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-	
Schwindebeck	9.40	2:21:18	15:01	16	1:37:43	67	1:38:13	33.50	3:22:12	6:02	6	30:47	32	30:47	
Bispingen	8.90	1:01:50	6:56	7	10:57	34	20:57	42.40	4:24:02	6:13	6	24:27	32	51:11	
Overhaverbeck	10.80	1:12:50	6:44	2	8:43	17	22:41	53.20	5:36:52	6:19	5	1:11:21	28	1:13:52	
Undeloh	6.90	46:47	6:46	3	11:55	14	13:29	60.10	6:23:39	6:23	4	1:23:16	24	1:27:21	
Egestorf	9.20	1:04:24	7:00	3	14:46	14	16:37	69.30	7:28:03	6:27	4	1:38:02	21	1:43:58	
Salzhausen	10.70	1:12:43	6:47	3	15:23	11	15:23	80.00	8:40:46	6:30	3	1:53:25	20	1:57:19	
Südergellersen	10.90	1:24:02	7:42	3	25:21	14	25:21	90.90	10:04:48	6:39	3	2:18:46	17	2:18:46	
Sülzwiesen	9.10	1:02:06	6:49	4	17:46	13	17:46	100.00	11:06:54	6:40	3	2:36:32	14	2:36:32	