



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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**Braun, Martin**

□□: Team Run and Fun  
 □□: 10

□□: 100.00 km  
 Ultra-Marathon

□□□□:  
 Senioren M30 (30-34 Jahre)

□□□: 11:06:54

□□: 9.00 km/h  
 □□□□: 6:40 min/km

□□□□□/□□□□: 21 (of 92)

□□□□□/□: 14 (of 69)

□□□□□□: 8:30:22

□□□□□: 3(of 5)

□□□□□□□: 9:11:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:00:54	5:54	4	5:04	24	5:29	10.30	1:00:54	5:54	4	5:04	24	5:29	
Amelinghausen	13.80	1:22:15	5:57	3	14:39	29	20:59	24.10	2:23:09	5:56	4	19:43	29	19:43	
Schwindebeck	9.40	59:03	6:16	4	9:14	27	15:58	33.50	3:22:12	6:02	5	28:56	32	30:47	
Bispingen	8.90	1:01:49	6:56	4	16:03	33	20:56	42.40	4:24:01	6:13	5	44:59	31	51:10	
Overhaverbeck	10.80	1:12:51	6:44	2	13:17	18	22:42	53.20	5:36:52	6:19	4	58:16	28	1:13:52	
Undeloh	6.90	46:47	6:46	3	8:14	14	13:29	60.10	6:23:39	6:23	4	1:06:30	24	1:27:21	
Egestorf	9.20	1:04:24	7:00	3	7:11	14	16:37	69.30	7:28:03	6:27	4	1:13:41	21	1:43:58	
Salzhausen	10.70	1:12:42	6:47	2	11:14	10	15:22	80.00	8:40:45	6:30	4	1:24:55	19	1:57:18	
Südergellersen	10.90	1:24:03	7:42	3	19:06	15	25:22	90.90	10:04:48	6:39	3	1:44:01	17	2:18:46	
Sülzwiesen	9.10	1:02:06	6:49	3	11:18	13	17:46	100.00	11:06:54	6:40	3	1:55:19	14	2:36:32	