



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Scherz, Uwe

□□: TSV Rot-Weiß Zerbst
 □□: 93

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 11:07:15

□□: 8.99 km/h
 □□□□: 6:40 min/km

□□□□□/□□□□: 22 (of 92)

□□□□□/□: 16 (of 69)

□□□□□□: 8:30:22

□□□□□: 2(of 8)

□□□□□□□: 10:36:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:07:14	6:31	6	11:17	51	11:49	10.30	1:07:14	6:31	6	11:17	51	11:49	
Amelinghausen	13.80	1:12:25	5:14	1	-	8	11:09	24.10	2:19:39	5:47	4	4:25	26	16:13	
Schwindebeck	9.40	53:44	5:42	1	-	16	10:39	33.50	3:13:23	5:46	2	2:50	20	21:58	
Bispingen	8.90	54:27	6:07	2	4:04	18	13:34	42.40	4:07:50	5:50	2	6:54	17	34:59	
Overhaverbeck	10.80	1:14:57	6:56	3	23:15	24	24:48	53.20	5:22:47	6:04	3	21:13	20	59:47	
Undeloh	6.90	48:58	7:05	2	7:29	23	15:40	60.10	6:11:45	6:11	2	25:17	18	1:15:27	
Egestorf	9.20	1:09:29	7:33	2	8:46	23	21:42	69.30	7:21:14	6:22	2	34:03	20	1:37:09	
Salzhausen	10.70	1:17:47	7:16	2	3:55	17	20:27	80.00	8:39:01	6:29	2	33:26	17	1:55:34	
Südergellersen	10.90	1:22:15	7:32	1	-	13	23:34	90.90	10:01:16	6:36	2	31:28	16	2:15:14	
Sülzwiesen	9.10	1:05:59	7:15	1	-	16	21:39	100.00	11:07:15	6:40	2	30:25	16	2:36:53	