



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Hake, Thorsten

□□: LT Lieth Paderborn

□□: 27

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 11:08:54

□□: 8.97 km/h

□□□□: 6:41 min/km

□□□□□/□□□: 23 (of 92)

□□□□□/□: 17 (of 69)

□□□□□□: 8:30:22

□□□□□: 7(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:03	5:43	4	3:38	12	3:38	10.30	59:03	5:43	4	3:38	12	3:38	
Amelinghausen	13.80	1:17:30	5:36	8	11:16	21	16:14	24.10	2:16:33	5:39	7	4:37	20	13:07	
Schwindebeck	9.40	57:26	6:06	9	11:15	25	14:21	33.50	3:13:59	5:47	8	14:58	21	22:34	
Bispingen	8.90	54:11	6:05	9	8:07	17	13:18	42.40	4:08:10	5:51	8	23:05	18	35:19	
Overhaverbeck	10.80	1:13:34	6:48	9	13:44	20	23:25	53.20	5:21:44	6:02	8	36:49	19	58:44	
Undeloh	6.90	47:00	6:48	8	8:18	17	13:42	60.10	6:08:44	6:08	8	45:07	17	1:12:26	
Egestorf	9.20	1:05:13	7:05	7	10:51	16	17:26	69.30	7:13:57	6:15	8	55:58	15	1:29:52	
Salzhausen	10.70	1:12:57	6:49	6	11:38	13	15:37	80.00	8:26:54	6:20	6	1:07:36	12	1:43:27	
Südergellersen	10.90	1:29:36	8:13	9	22:37	24	30:55	90.90	9:56:30	6:33	7	1:30:13	14	2:10:28	
Sülzwiesen	9.10	1:12:24	7:57	11	15:46	33	28:04	100.00	11:08:54	6:41	7	1:45:59	17	2:38:32	