



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Neugebauer, Katrin

□□: Laufschule Lauenhagen

□□: 70

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 11:22:32

□□: 8.79 km/h

□□□□: 6:50 min/km

□□□□□/□□□□: 24 (of 92)

□□□□□/□: 7 (of 23)

□□□□□□: 9:51:19

□□□□□: 2(of 3)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:19	5:45	1	-	4	3:29	10.30	59:19	5:45	1	-	4	3:29	
Amelinghausen	13.80	1:20:14	5:48	2	9:36	5	9:36	24.10	2:19:33	5:47	2	1:53	5	8:32	
Schwindebeck	9.40	57:00	6:03	2	7:23	5	7:23	33.50	3:16:33	5:52	2	9:16	6	10:11	
Bispingen	8.90	54:10	6:05	2	7:27	5	7:27	42.40	4:10:43	5:54	2	16:43	6	16:43	
Overhaverbeck	10.80	1:10:11	6:29	2	6:41	5	6:41	53.20	5:20:54	6:01	2	23:24	6	23:24	
Undeloh	6.90	50:42	7:20	2	10:39	10	10:39	60.10	6:11:36	6:10	2	34:03	6	34:03	
Egestorf	9.20	1:08:38	7:27	2	12:19	9	12:19	69.30	7:20:14	6:21	2	46:22	6	46:22	
Salzhausen	10.70	1:20:01	7:28	2	12:01	8	13:35	80.00	8:40:15	6:30	2	58:23	7	58:23	
Südergellersen	10.90	1:27:05	7:59	2	16:36	8	16:36	90.90	10:07:20	6:40	2	1:14:59	7	1:14:59	
Sülzwiesen	9.10	1:15:12	8:15	2	16:14	12	18:05	100.00	11:22:32	6:49	2	1:31:13	7	1:31:13	