



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Matys, Maik

□□: Open Cycling Soltau

□□: 62

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 11:25:40

□□: 8.75 km/h

□□□□: 6:52 min/km

□□□□□/□□□: 26 (of 92)

□□□□□/□: 19 (of 69)

□□□□□□: 8:30:22

□□□□□: 9(of 20)

□□□□□□□: 9:22:55

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:40	6:10	12	8:15	35	8:15	10.30	1:03:40	6:10	12	8:15	35	8:15	
Amelinghausen	13.80	1:10:33	5:06	2	4:19	7	9:17	24.10	2:14:13	5:34	3	2:17	7	10:47	
Schwindebeck	9.40	51:19	5:27	2	5:08	8	8:14	33.50	3:05:32	5:32	3	6:31	8	14:07	
Bispingen	8.90	49:14	5:31	3	3:10	7	8:21	42.40	3:54:46	5:32	3	9:41	6	21:55	
Overhaverbeck	10.80	1:08:33	6:20	5	8:43	12	18:24	53.20	5:03:19	5:42	4	18:24	9	40:19	
Undeloh	6.90	47:20	6:51	10	8:38	19	14:02	60.10	5:50:39	5:50	5	27:02	11	54:21	
Egestorf	9.20	1:14:44	8:07	12	20:22	40	26:57	69.30	7:05:23	6:08	6	47:24	12	1:21:18	
Salzhausen	10.70	1:27:00	8:07	12	25:41	31	29:40	80.00	8:32:23	6:24	7	1:13:05	14	1:48:56	
Südergellersen	10.90	1:45:57	9:43	13	38:58	46	47:16	90.90	10:18:20	6:48	9	1:52:03	22	2:32:18	
Sülzwiesen	9.10	1:07:20	7:23	7	10:42	23	23:00	100.00	11:25:40	6:51	9	2:02:45	19	2:55:18	