



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Dreesbach, Dirk

□□: LC Weilerswist

□□: 16

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 11:28:28

□□: 8.72 km/h

□□□□: 6:53 min/km

□□□□□/□□□□: 27 (of 92)

□□□□□/□: 20 (of 69)

□□□□□□: 8:30:22

□□□□□: 4(of 17)

□□□□□□□: 8:30:22

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.30 | 58:57 | 5:43 | 2 | 0:09 | 8 | 3:32 | 10.30 | 58:57 | 5:43 | 2 | 0:09 | 8 | 3:32 | |
| Amelinghausen | 13.80 | 1:17:27 | 5:36 | 4 | 16:11 | 20 | 16:11 | 24.10 | 2:16:24 | 5:39 | 4 | 8:34 | 18 | 12:58 | |
| Schwindebeck | 9.40 | 55:44 | 5:55 | 4 | 12:09 | 20 | 12:39 | 33.50 | 3:12:08 | 5:44 | 4 | 20:43 | 18 | 20:43 | |
| Bispingen | 8.90 | 53:51 | 6:03 | 2 | 2:58 | 15 | 12:58 | 42.40 | 4:05:59 | 5:48 | 2 | 6:24 | 16 | 33:08 | |
| Overhaverbeck | 10.80 | 1:13:24 | 6:47 | 3 | 9:17 | 19 | 23:15 | 53.20 | 5:19:23 | 6:00 | 3 | 53:52 | 18 | 56:23 | |
| Undeloh | 6.90 | 48:12 | 6:59 | 5 | 13:20 | 21 | 14:54 | 60.10 | 6:07:35 | 6:06 | 3 | 1:07:12 | 15 | 1:11:17 | |
| Egestorf | 9.20 | 1:10:37 | 7:40 | 6 | 20:59 | 26 | 22:50 | 69.30 | 7:18:12 | 6:19 | 3 | 1:28:11 | 19 | 1:34:07 | |
| Salzhausen | 10.70 | 1:29:17 | 8:20 | 6 | 31:57 | 33 | 31:57 | 80.00 | 8:47:29 | 6:35 | 4 | 2:00:08 | 22 | 2:04:02 | |
| Südergellersen | 10.90 | 1:28:53 | 8:09 | 7 | 30:12 | 23 | 30:12 | 90.90 | 10:16:22 | 6:46 | 4 | 2:30:20 | 20 | 2:30:20 | |
| Sülzwiesen | 9.10 | 1:12:06 | 7:55 | 9 | 27:46 | 32 | 27:46 | 100.00 | 11:28:28 | 6:53 | 4 | 2:58:06 | 20 | 2:58:06 | |