



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	