



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

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Stelzer, Ralf

□□: Member of Rebel Family

□□: 104

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□□□/□□□: DNF (of 92)

□□□□□/□: DNF (of 69)

□□□□□□: 8:30:22

□□□□□: DNF(of 6)

□□□□□□□: 11:45:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:22:50	8:02	6	23:47	66	27:25	10.30	1:22:50	8:02	6	23:47	66	27:25	
Amelinghausen	13.80	1:53:24	8:13	6	33:14	61	52:08	24.10	3:16:14	8:08	6	57:01	62	1:12:48	
Schwindebeck	9.40	1:24:40	9:00	6	28:03	60	41:35	33.50	4:40:54	8:23	6	1:25:04	67	1:49:29	
Bispingen	8.90	1:21:41	9:10	5	27:36	62	40:48	42.40	6:02:35	8:33	5	1:52:40	62	2:29:44	
Overhaverbeck	10.80	1:45:19	9:45	5	29:57	64	55:10	53.20	7:47:54	8:47	6	2:22:37	66	3:24:54	
Undeloh	6.90	1:08:09	9:52	6	16:06	60	34:51	60.10	8:56:03	8:55	6	2:35:18	63	3:59:45	
Egestorf	9.20	1:37:41	10:37	6	28:18	62	49:54	69.30	10:33:44	9:08	6	2:59:42	62	4:49:39	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	