



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Daniels, Thies

□□: Der Hamburger und Germania Ruder Club
 □□: 13

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 11:32:54

□□: 8.66 km/h
 □□□□: 6:56 min/km

□□□□□/□□□□: 28 (of 92)

□□□□□/□: 21 (of 69)

□□□□□□: 8:30:22

□□□□□: 3(of 8)

□□□□□□□: 10:36:50

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	55:57	5:25	1	-	4	0:32	10.30	55:57	5:25	1	-	4	0:32	
Amelinghausen	13.80	1:19:17	5:44	4	6:52	24	18:01	24.10	2:15:14	5:36	1	-	9	11:48	
Schwindebeck	9.40	1:01:58	6:35	4	8:14	34	18:53	33.50	3:17:12	5:53	3	6:39	26	25:47	
Bispingen	8.90	57:55	6:30	3	7:32	25	17:02	42.40	4:15:07	6:01	3	14:11	26	42:16	
Overhaverbeck	10.80	1:16:51	7:06	4	25:09	27	26:42	53.20	5:31:58	6:14	4	30:24	25	1:08:58	
Undeloh	6.90	49:39	7:11	3	8:10	25	16:21	60.10	6:21:37	6:20	3	35:09	22	1:25:19	
Egestorf	9.20	1:10:39	7:40	4	9:56	27	22:52	69.30	7:32:16	6:31	3	45:05	23	1:48:11	
Salzhausen	10.70	1:13:52	6:54	1	-	15	16:32	80.00	8:46:08	6:34	3	40:33	21	2:02:41	
Südergellersen	10.90	1:39:57	9:10	4	17:42	38	41:16	90.90	10:26:05	6:53	3	56:17	23	2:40:03	
Sülzwiesen	9.10	1:06:49	7:20	2	0:50	18	22:29	100.00	11:32:54	6:55	3	56:04	21	3:02:32	