



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Deifuß, Holger

□□: FC Nordkirchen
 □□: 83

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 11:35:52

□□: 8.62 km/h
 □□□□: 6:58 min/km

□□□□□/□□□□: 29 (of 92)

□□□□□/□: 22 (of 69)

□□□□□□: 8:30:22

□□□□□: 5(of 17)

□□□□□□□: 8:30:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:02:47	6:05	8	3:59	29	7:22	10.30	1:02:47	6:05	8	3:59	29	7:22
Amelinghausen	13.80	1:24:36	6:07	8	23:20	36	23:20	24.10	2:27:23	6:06	8	19:33	34	23:57
Schwindebeck	9.40	1:00:01	6:23	7	16:26	29	16:56	33.50	3:27:24	6:11	8	35:59	37	35:59
Bispingen	8.90	58:10	6:32	3	7:17	27	17:17	42.40	4:25:34	6:15	7	25:59	33	52:43
Overhaverbeck	10.80	1:14:03	6:51	4	9:56	23	23:54	53.20	5:39:37	6:23	7	1:14:06	31	1:16:37
Undeloh	6.90	52:22	7:35	7	17:30	28	19:04	60.10	6:31:59	6:31	6	1:31:36	27	1:35:41
Egestorf	9.20	1:08:08	7:24	5	18:30	20	20:21	69.30	7:40:07	6:38	6	1:50:06	28	1:56:02
Salzhausen	10.70	1:21:55	7:39	5	24:35	22	24:35	80.00	9:02:02	6:46	6	2:14:41	27	2:18:35
Südergellersen	10.90	1:27:20	8:00	4	28:39	18	28:39	90.90	10:29:22	6:55	5	2:43:20	25	2:43:20
Sülzwiesen	9.10	1:06:30	7:18	6	22:10	17	22:10	100.00	11:35:52	6:57	5	3:05:30	22	3:05:30