



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Tesch, Thomas

□□: Open Sports Hamburg

□□: 109

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 11:45:48

□□: 8.50 km/h

□□□□: 7:04 min/km

□□□□□/□□□□: 32 (of 92)

□□□□□/□: 25 (of 69)

□□□□□□: 8:30:22

□□□□□: 1(of 6)

□□□□□□□: 11:45:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:03	5:43	1	-	12	3:38	10.30	59:03	5:43	1	-	12	3:38	
Amelinghausen	13.80	1:20:10	5:48	1	-	26	18:54	24.10	2:19:13	5:46	1	-	25	15:47	
Schwindebeck	9.40	56:37	6:01	1	-	22	13:32	33.50	3:15:50	5:50	1	-	23	24:25	
Bispingen	8.90	54:05	6:04	1	-	16	13:12	42.40	4:09:55	5:53	1	-	19	37:04	
Overhaverbeck	10.80	1:15:22	6:58	1	-	25	25:13	53.20	5:25:17	6:06	1	-	22	1:02:17	
Undeloh	6.90	55:28	8:02	4	3:25	36	22:10	60.10	6:20:45	6:20	1	-	21	1:24:27	
Egestorf	9.20	1:13:17	7:57	4	3:54	33	25:30	69.30	7:34:02	6:33	1	-	25	1:49:57	
Salzhausen	10.70	1:18:54	7:22	1	-	19	21:34	80.00	8:52:56	6:39	1	-	24	2:09:29	
Südergellersen	10.90	1:43:12	9:28	4	11:29	45	44:31	90.90	10:36:08	6:59	1	-	26	2:50:06	
Sülzwiesen	9.10	1:09:40	7:39	3	2:41	29	25:20	100.00	11:45:48	7:03	1	-	25	3:15:26	