



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Höper, Hanno

□□: TSV Lensahn
□□: 37

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M55 (55-59 Jahre)

□□□: 11:47:55

□□: 8.48 km/h
□□□□: 7:05 min/km

□□□□□/□□□□: 34 (of 92)

□□□□□/□: 27 (of 69)

□□□□□□: 8:30:22

□□□□□: 4(of 8)

□□□□□□□: 10:36:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	58:54	5:43	2	2:57	6	3:29	10.30	58:54	5:43	2	2:57	6	3:29	
Amelinghausen	13.80	1:18:59	5:43	3	6:34	23	17:43	24.10	2:17:53	5:43	3	2:39	24	14:27	
Schwindebeck	9.40	1:00:23	6:25	3	6:39	30	17:18	33.50	3:18:16	5:55	4	7:43	30	26:51	
Bispingen	8.90	58:02	6:31	4	7:39	26	17:09	42.40	4:16:18	6:02	4	15:22	27	43:27	
Overhaverbeck	10.80	1:20:04	7:24	5	28:22	33	29:55	53.20	5:36:22	6:19	5	34:48	27	1:13:22	
Undeloh	6.90	58:04	8:24	4	16:35	42	24:46	60.10	6:34:26	6:33	4	47:58	28	1:38:08	
Egestorf	9.20	1:10:19	7:38	3	9:36	25	22:32	69.30	7:44:45	6:42	4	57:34	29	2:00:40	
Salzhausen	10.70	1:24:18	7:52	4	10:26	29	26:58	80.00	9:09:03	6:51	4	1:03:28	28	2:25:36	
Südergellersen	10.90	1:29:55	8:14	3	7:40	25	31:14	90.90	10:38:58	7:01	4	1:09:10	28	2:52:56	
Sülzwiesen	9.10	1:08:57	7:34	4	2:58	27	24:37	100.00	11:47:55	7:04	4	1:11:05	27	3:17:33	