



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Schulz-Symon, Lydiah

□□: Tus Hasede

□□: 131

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 11:54:02

□□: 8.40 km/h

□□□□: 7:08 min/km

□□□□□/□□□□: 35 (of 92)

□□□□□□/□: 8 (of 23)

□□□□□□: 9:51:19

□□□□□: 1(of 3)

□□□□□□□: 11:54:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:02:45	6:05	1	-	8	6:55	10.30	1:02:45	6:05	1	-	8	6:55	
Amelinghausen	13.80	1:20:14	5:48	1	-	5	9:36	24.10	2:22:59	5:55	1	-	7	11:58	
Schwindebeck	9.40	58:30	6:13	1	-	7	8:53	33.50	3:21:29	6:00	1	-	8	15:07	
Bispingen	8.90	57:59	6:30	1	-	9	11:16	42.40	4:19:28	6:07	1	-	8	25:28	
Overhaverbeck	10.80	1:15:34	6:59	1	-	8	12:04	53.20	5:35:02	6:17	1	-	7	37:32	
Undeloh	6.90	49:06	7:06	1	-	8	9:03	60.10	6:24:08	6:23	1	-	8	46:35	
Egestorf	9.20	1:04:56	7:03	1	-	6	8:37	69.30	7:29:04	6:28	1	-	7	55:12	
Salzhausen	10.70	1:20:06	7:29	1	-	9	13:40	80.00	8:49:10	6:36	1	-	8	1:07:18	
Südergellersen	10.90	2:02:39	11:15	2	9:43	19	52:10	90.90	10:51:49	7:10	1	-	8	1:59:28	
Sülzwiesen	9.10	1:02:13	6:50	1	-	6	5:06	100.00	11:54:02	7:08	1	-	8	2:02:43	