



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Riebesell, Hermann

□□: Buchholz

□□: 89

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 11:56:07

□□: 8.38 km/h

□□□□: 7:10 min/km

□□□□□/□□□□: 36 (of 92)

□□□□□/□: 28 (of 69)

□□□□□□: 8:30:22

□□□□□: 7(of 17)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:04	5:44	4	0:16	15	3:39	10.30	59:04	5:44	4	0:16	15	3:39	
Amelinghausen	13.80	1:18:44	5:42	5	17:28	22	17:28	24.10	2:17:48	5:43	5	9:58	23	14:22	
Schwindebeck	9.40	56:46	6:02	5	13:11	23	13:41	33.50	3:14:34	5:48	5	23:09	22	23:09	
Bispingen	8.90	59:15	6:39	5	8:22	29	18:22	42.40	4:13:49	5:59	4	14:14	24	40:58	
Overhaverbeck	10.80	1:23:13	7:42	9	19:06	36	33:04	53.20	5:37:02	6:20	6	1:11:31	30	1:14:02	
Undeloh	6.90	59:25	8:36	15	24:33	49	26:07	60.10	6:36:27	6:35	7	1:36:04	30	1:40:09	
Egestorf	9.20	1:12:38	7:53	8	23:00	31	24:51	69.30	7:49:05	6:46	7	1:59:04	30	2:05:00	
Salzhausen	10.70	1:31:02	8:30	8	33:42	36	33:42	80.00	9:20:07	7:00	7	2:32:46	30	2:36:40	
Südergellersen	10.90	1:31:00	8:20	8	32:19	26	32:19	90.90	10:51:07	7:09	7	3:05:05	29	3:05:05	
Sülzwiesen	9.10	1:05:00	7:08	5	20:40	15	20:40	100.00	11:56:07	7:09	7	3:25:45	28	3:25:45	