



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Goumairi, Khalid

□□: -
□□: 25

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M50 (50-54 Jahre)

□□□: 12:04:11

□□: 8.29 km/h
□□□□: 7:14 min/km

□□□□□/□□□□: 38 (of 92)

□□□□□/□: 29 (of 69)

□□□□□□: 8:30:22

□□□□□: 8(of 17)

□□□□□□□: 8:30:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:00:16	5:51	5	1:28	21	4:51	10.30	1:00:16	5:51	5	1:28	21	4:51	
Amelinghausen	13.80	1:24:11	6:06	7	22:55	35	22:55	24.10	2:24:27	5:59	7	16:37	33	21:01	
Schwindebeck	9.40	57:57	6:09	6	14:22	26	14:52	33.50	3:22:24	6:02	7	30:59	34	30:59	
Bispingen	8.90	58:45	6:36	4	7:52	28	17:52	42.40	4:21:09	6:09	5	21:34	30	48:18	
Overhaverbeck	10.80	1:19:33	7:21	6	15:26	32	29:24	53.20	5:40:42	6:24	8	1:15:11	32	1:17:42	
Undeloh	6.90	1:01:17	8:52	16	26:25	52	27:59	60.10	6:41:59	6:41	8	1:41:36	32	1:45:41	
Egestorf	9.20	1:11:25	7:45	7	21:47	30	23:38	69.30	7:53:24	6:49	9	2:03:23	33	2:09:19	
Salzhausen	10.70	1:31:29	8:32	9	34:09	37	34:09	80.00	9:24:53	7:03	8	2:37:32	33	2:41:26	
Südergellersen	10.90	1:28:30	8:07	6	29:49	20	29:49	90.90	10:53:23	7:11	8	3:07:21	30	3:07:21	
Sülzwiesen	9.10	1:10:48	7:46	8	26:28	30	26:28	100.00	12:04:11	7:14	8	3:33:49	29	3:33:49	