



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Schulte, Thorsten

□□: 100 Marathon Club

□□: 99

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 12:07:13

□□: 8.25 km/h

□□□□: 7:16 min/km

□□□□□/□□□□: 39 (of 92)

□□□□□/□: 30 (of 69)

□□□□□□: 8:30:22

□□□□□: 2(of 5)

□□□□□□□: 9:39:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:21	6:09	4	4:21	33	7:56	10.30	1:03:21	6:09	4	4:21	33	7:56	
Amelinghausen	13.80	1:27:14	6:19	3	11:04	37	25:58	24.10	2:30:35	6:14	4	14:13	37	27:09	
Schwindebeck	9.40	1:03:40	6:46	3	12:34	37	20:35	33.50	3:34:15	6:23	3	26:40	42	42:50	
Bispingen	8.90	57:07	6:25	3	9:25	23	16:14	42.40	4:31:22	6:24	3	36:05	36	58:31	
Overhaverbeck	10.80	1:12:32	6:42	2	10:17	15	22:23	53.20	5:43:54	6:27	2	46:22	33	1:20:54	
Undeloh	6.90	1:02:17	9:01	2	19:50	54	28:59	60.10	6:46:11	6:45	2	1:06:12	34	1:49:53	
Egestorf	9.20	1:14:09	8:03	2	18:43	36	26:22	69.30	8:00:20	6:55	2	1:24:55	34	2:16:15	
Salzhausen	10.70	1:22:30	7:42	2	17:35	25	25:10	80.00	9:22:50	7:02	2	1:42:30	31	2:39:23	
Südergellersen	10.90	1:35:45	8:47	2	30:03	31	37:04	90.90	10:58:35	7:14	2	2:12:33	32	3:12:33	
Sülzwiesen	9.10	1:08:38	7:32	2	15:23	24	24:18	100.00	12:07:13	7:16	2	2:27:56	30	3:36:51	