



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Menzhausen, Michael

□□: Sportfreunde Sennestadt
 □□: 64

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 12:07:29

□□: 8.25 km/h
 □□□□: 7:16 min/km

□□□□□/□□□: 41 (of 92)

□□□□□/□: 32 (of 69)

□□□□□□: 8:30:22

□□□□□: 2(of 6)

□□□□□□□: 11:45:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:04:00	6:12	3	4:57	38	8:35	10.30	1:04:00	6:12	3	4:57	38	8:35	
Amelinghausen	13.80	1:30:58	6:35	4	10:48	44	29:42	24.10	2:34:58	6:25	3	15:45	41	31:32	
Schwindebeck	9.40	1:04:36	6:52	3	7:59	38	21:31	33.50	3:39:34	6:33	3	23:44	45	48:09	
Bispingen	8.90	1:01:43	6:56	2	7:38	32	20:50	42.40	4:41:17	6:38	2	31:22	42	1:08:26	
Overhaverbeck	10.80	1:19:14	7:20	2	3:52	31	29:05	53.20	6:00:31	6:46	3	35:14	42	1:37:31	
Undeloh	6.90	55:18	8:00	3	3:15	35	22:00	60.10	6:55:49	6:55	3	35:04	39	1:59:31	
Egestorf	9.20	1:09:23	7:32	1	-	22	21:36	69.30	8:05:12	7:00	3	31:10	36	2:21:07	
Salzhausen	10.70	1:23:35	7:48	2	4:41	27	26:15	80.00	9:28:47	7:06	3	35:51	34	2:45:20	
Südergellersen	10.90	1:31:43	8:24	1	-	27	33:02	90.90	11:00:30	7:15	3	24:22	34	3:14:28	
Sülzwiesen	9.10	1:06:59	7:21	1	-	19	22:39	100.00	12:07:29	7:16	2	21:41	32	3:37:07	