



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Niebel, Frank

□□: LTV Kiel□Ost
□□: 71

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M45 (45-49 Jahre)

□□□: 12:07:13

□□: 8.25 km/h
□□□□: 7:16 min/km

□□□□□/□□□□: 40 (of 92)

□□□□□/□: 30 (of 69)

□□□□□□: 8:30:22

□□□□□: 11(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:21	6:09	11	7:56	33	7:56	10.30	1:03:21	6:09	11	7:56	33	7:56	
Amelinghausen	13.80	1:27:14	6:19	14	21:00	37	25:58	24.10	2:30:35	6:14	13	18:39	37	27:09	
Schwindebeck	9.40	1:02:58	6:41	14	16:47	36	19:53	33.50	3:33:33	6:22	16	34:32	41	42:08	
Bispingen	8.90	57:49	6:29	11	11:45	24	16:56	42.40	4:31:22	6:24	14	46:17	36	58:31	
Overhaverbeck	10.80	1:12:34	6:43	8	12:44	16	22:25	53.20	5:43:56	6:27	11	59:01	34	1:20:56	
Undeloh	6.90	1:02:16	9:01	15	23:34	53	28:58	60.10	6:46:12	6:45	12	1:22:35	35	1:49:54	
Egestorf	9.20	1:14:12	8:03	11	19:50	38	26:25	69.30	8:00:24	6:55	12	1:42:25	35	2:16:19	
Salzhausen	10.70	1:22:26	7:42	8	21:07	24	25:06	80.00	9:22:50	7:02	11	2:03:32	31	2:39:23	
Südergellersen	10.90	1:35:44	8:46	10	28:45	29	37:03	90.90	10:58:34	7:14	11	2:32:17	31	3:12:32	
Sülzwiesen	9.10	1:08:39	7:32	8	12:01	25	24:19	100.00	12:07:13	7:16	11	2:44:18	30	3:36:51	