



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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**Nentwig, Axel**

□□: Nahelauf Therapie

□□: 68

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 12:10:02

□□: 8.22 km/h

□□□□: 7:18 min/km

□□□□□/□□□: 42 (of 92)

□□□□□/□: 33 (of 69)

□□□□□□: 8:30:22

□□□□□: 9(of 17)

□□□□□□□: 8:30:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:04:26	6:15	9	5:38	40	9:01	10.30	1:04:26	6:15	9	5:38	40	9:01	
Amelinghausen	13.80	fehlt!	-	-	-	-	-	24.10	-	-	-	-	-	-	
Schwindebeck	9.40	2:33:52	16:22	17	1:50:17	68	1:50:47	33.50	3:38:18	6:30	10	46:53	43	46:53	
Bispingen	8.90	1:00:46	6:49	6	9:53	31	19:53	42.40	4:39:04	6:34	8	39:29	40	1:06:13	
Overhaverbeck	10.80	1:16:55	7:07	5	12:48	28	26:46	53.20	5:55:59	6:41	9	1:30:28	39	1:32:59	
Undeloh	6.90	47:24	6:52	4	12:32	20	14:06	60.10	6:43:23	6:42	9	1:43:00	33	1:47:05	
Egestorf	9.20	1:07:59	7:23	4	18:21	19	20:12	69.30	7:51:22	6:48	8	2:01:21	32	2:07:17	
Salzhausen	10.70	1:43:28	9:40	17	46:08	54	46:08	80.00	9:34:50	7:11	9	2:47:29	35	2:51:23	
Südergellersen	10.90	1:35:44	8:46	9	37:03	29	37:03	90.90	11:10:34	7:22	9	3:24:32	35	3:24:32	
Sülzwiesen	9.10	59:28	6:32	3	15:08	10	15:08	100.00	12:10:02	7:18	9	3:39:40	33	3:39:40	