



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Lange, Christina

□□: -

□□: 52

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 12:12:08

□□: 8.20 km/h

□□□□: 7:19 min/km

□□□□□/□□□: 43 (of 92)

□□□□□/□: 10 (of 23)

□□□□□□: 9:51:19

□□□□□: 3(of 5)

□□□□□□□: 10:37:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:01	6:07	2	3:42	9	7:11	10.30	1:03:01	6:07	2	3:42	9	7:11	
Amelinghausen	13.80	1:31:38	6:38	3	11:24	11	21:00	24.10	2:34:39	6:25	2	15:06	9	23:38	
Schwindebeck	9.40	1:03:40	6:46	2	6:41	10	14:03	33.50	3:38:19	6:31	2	21:47	10	31:57	
Bispingen	8.90	57:50	6:29	2	3:40	7	11:07	42.40	4:36:09	6:30	2	25:27	10	42:09	
Overhaverbeck	10.80	1:18:34	7:16	2	9:32	10	15:04	53.20	5:54:43	6:40	2	34:59	9	57:13	
Undeloh	6.90	47:44	6:55	2	5:47	6	7:41	60.10	6:42:27	6:41	2	40:46	9	1:04:54	
Egestorf	9.20	1:10:58	7:42	3	12:22	10	14:39	69.30	7:53:25	6:49	2	53:08	9	1:19:33	
Salzhausen	10.70	1:28:40	8:17	3	20:22	10	22:14	80.00	9:22:05	7:01	2	1:13:30	9	1:40:13	
Südergellersen	10.90	1:38:23	9:01	3	16:55	11	27:54	90.90	11:00:28	7:15	3	1:30:25	10	2:08:07	
Sülzwiesen	9.10	1:11:40	7:52	3	4:26	10	14:33	100.00	12:12:08	7:19	3	1:34:42	10	2:20:49	