



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Siedler, Wolfgang

□□: asg-weitwärts

□□: 102

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 12:13:39

□□: 8.18 km/h

□□□□: 7:20 min/km

□□□□□/□□□: 44 (of 92)

□□□□□/□: 34 (of 69)

□□□□□□: 8:30:22

□□□□□: 3(of 6)

□□□□□□□: 11:45:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:00:47	5:54	2	1:44	23	5:22	10.30	1:00:47	5:54	2	1:44	23	5:22	
Amelinghausen	13.80	1:22:32	5:58	2	2:22	31	21:16	24.10	2:23:19	5:56	2	4:06	30	19:53	
Schwindebeck	9.40	59:18	6:18	2	2:41	28	16:13	33.50	3:22:37	6:02	2	6:47	35	31:12	
Bispingen	8.90	fehlt!	-	-	-	-	-	42.40	-	-	-	-	-	-	
Overhaverbeck	10.80	2:24:42	13:23	6	1:09:20	67	1:34:33	53.20	5:47:19	6:31	2	22:02	35	1:24:19	
Undeloh	6.90	52:03	7:32	1	-	26	18:45	60.10	6:39:22	6:38	2	18:37	31	1:43:04	
Egestorf	9.20	1:10:59	7:42	2	1:36	28	23:12	69.30	7:50:21	6:47	2	16:19	31	2:06:16	
Salzhausen	10.70	1:29:26	8:21	4	10:32	34	32:06	80.00	9:19:47	6:59	2	26:51	29	2:36:20	
Südergellersen	10.90	1:39:03	9:05	3	7:20	36	40:22	90.90	10:58:50	7:14	2	22:42	33	3:12:48	
Sülzwiesen	9.10	1:14:49	8:13	4	7:50	37	30:29	100.00	12:13:39	7:20	3	27:51	34	3:43:17	