



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Balz, Harald

□□: 0

□□: 3

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 12:29:45

□□: 8.00 km/h

□□□□: 7:30 min/km

□□□□□/□□□: 45 (of 92)

□□□□□/□: 35 (of 69)

□□□□□□: 8:30:22

□□□□□: 4(of 6)

□□□□□□□: 11:45:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:07:40	6:34	5	8:37	53	12:15	10.30	1:07:40	6:34	5	8:37	53	12:15	
Amelinghausen	13.80	1:33:49	6:47	5	13:39	47	32:33	24.10	2:41:29	6:42	5	22:16	48	38:03	
Schwindebeck	9.40	1:04:55	6:54	4	8:18	39	21:50	33.50	3:46:24	6:45	5	30:34	48	54:59	
Bispingen	8.90	1:06:19	7:27	3	12:14	43	25:26	42.40	4:52:43	6:54	4	42:48	45	1:19:52	
Overhaverbeck	10.80	1:26:00	7:57	3	10:38	40	35:51	53.20	6:18:43	7:07	5	53:26	47	1:55:43	
Undeloh	6.90	53:27	7:44	2	1:24	32	20:09	60.10	7:12:10	7:11	4	51:25	44	2:15:52	
Egestorf	9.20	1:11:20	7:45	3	1:57	29	23:33	69.30	8:23:30	7:15	4	49:28	42	2:39:25	
Salzhausen	10.70	1:27:00	8:07	3	8:06	31	29:40	80.00	9:50:30	7:22	4	57:34	39	3:07:03	
Südergellersen	10.90	1:32:04	8:26	2	0:21	28	33:23	90.90	11:22:34	7:30	4	46:26	36	3:36:32	
Sülzwiesen	9.10	1:07:11	7:22	2	0:12	22	22:51	100.00	12:29:45	7:29	4	43:57	35	3:59:23	